

LifeLong Learning Society

2021 SPRING PROGRAM



WF
WARWICK FOREST

Premier sponsor



CHRISTOPHER NEWPORT
UNIVERSITY

"The mind, once expanded
to the dimensions of larger
ideas, never returns to its
original size."

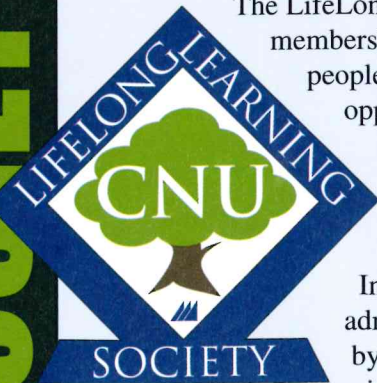
— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre

660 Hamilton Drive • Newport News, VA 23602-6925

(757) 269-4368 • lifelonglearning.cnu.edu

2021 SPRING PROGRAM



The LifeLong Learning Society is a membership organization dedicated to people 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 Christopher

Newport University and is an affiliate of the Elderhostel Institute Network. Through a variety of activities – including lectures, courses, study and discussion groups, lunches, dinners and field trips – persons of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All persons of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries, and museums and by co-sponsoring two annual conferences.

Program Overview

The 10-week semester consists of two five-week sessions, Session A and Session B. Courses will meet either once or twice per week for either 5 or 10 weeks. The dates and times for the 39 five-week and 20 10-week courses are listed on pages 3-8. In addition to courses, there are 10 Monday afternoon lectures, performances and interest groups listed on page 11. A number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2021 spring and summer sessions is \$185. This includes spring and summer courses; Monday afternoon lectures and concerts; interest groups; and the opportunity to participate in optional activities, such as field trips, by paying the activity fees.

An associate membership for the 2021 spring and summer sessions is available for \$110. This

includes the Monday afternoon lectures and concerts; interest groups; and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees; no courses.

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

Class confirmations will be mailed to you if your registration is received by **January 11, 2021**. Otherwise information will be available at the LLS office.

Refund Policy

Full refund of membership and/or course fees will be granted if requested before **January 25, 2021**. After that date, no refund will be given. A 20% haning charge will be deducted on all refunds.

Economic Hardship

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

Distinguished Membership

LLS Members age 90 and up are eligible for honorary membership if they have been a member for three of the past five years. Please call for details.

2020-21 Parking Decal Sticker Required

A current parking decal **is required** to park in the CNU parking lots. One decal is included with your membership; additional decals can be requested on the registration form on page 9.

Office Location:

660 Hamilton Drive (Yoder Barn House)

Newport News, VA 23602

Phone: (757) 269-4368

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.

Mailing address:

LifeLong Learning Society

Christopher Newport University

Yoder Barn Theatre

660 Hamilton Drive

Newport News, VA 23602-6925

At this time, ALL LLS Spring 2021 classes will be held online. However, we have scheduled the semester so that should things change we are prepared to return to in-person classes.

Online classes will be presented using **Blackboard Collaborate**, a free and user-friendly teleconferencing program. Blackboard Collaborate training materials and opportunities will be made available by LifeLong Learning upon registration.

SESSION A COURSES JANUARY 25-FEBRUARY 26, 2021

1. Continued Latin Limited enrollment 10-week course

Mon., Wed., 9-10:15 a.m.
This class will continue our study of Latin grammar and vocabulary, with an introduction to some excerpts, original or adapted, from Latin literature. Required texts: *Wheelock's Latin* (7th edition) and *Ecce Romani I* (4th edition). \$30 course fee.

Instructor: Dr. Alice Rubinstein, LLS

2. Intermediate Yoga Limited enrollment 10-week course

Mon., Wed., 9:30-10:30 a.m.
Take your yoga practice to the next level on the mat. Students will be challenged with more advanced postures. Fundamentals of yoga principles, poses, breath work and meditation are all explored in greater depth, as you grow on your own personal journey. If you wish to enroll and have not taken yoga with Rose before, please contact the instructor. Yoga mat, large towel and two blocks required. \$30 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

3. Intermediate Spanish Combined Limited enrollment 10-week course

Mon., Wed., 10:30-11:45 a.m.
Students with previous Spanish knowledge and study (including experience with the past tense) are invited to join this class where we'll help each other use that knowledge to increase communicative confidence. Using authentic or carefully chosen materials as provocation, we'll improve our listening and speaking skills. We'll also learn to interpret Spanish syntax and semantics, as well as use new vocabulary, by reading and writing short pieces. New students are welcome to visit a class and give it a try! Reference text: *Spanish for Mastery 2: Entre Nosotros* (Valette & Valette) (ISBN-13: 978-0669313413 or ISBN-10: 0669313416); purchase of text is not required. \$30 course fee.

Instructor: Lisa Schlickemeyer

4. Gentle Yoga Limited enrollment 10-week course

Mon., Wed., 11 a.m.-noon
For those with some experience or beginners looking for a gentle practice on the mat. Based on the Integral Yoga style, each class will begin with a warmup, move through a series of poses for strength, flexibility and balance, and close with breath work, deep relaxation and meditation. Students should be able to get on and off the floor safely. Yoga mat, large towel and two blocks required. \$30 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

5. Exploring Poetry Limited enrollment

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

This course is a general class for anyone interested in poetry, whether you write it or only read and wish to understand it. It will cover the technical side of poetry such as literary devices, poetry forms, types of poetry, the history of certain poetic movements and the study of individual poets. There will be some writing and sharing of poems, but without much comment.

Instructor: Serena Fusek

6. Body Fusion: Tone and Stretch 10-week course

Tues., Thurs., 9-10:15 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. \$30 course fee.

Instructor: Dr. Lisa Powell, CNU

7. X-Planes 10-week course

Tues., 9-10:15 a.m.
X-planes are a series of experimental aircraft used to test and evaluate new technologies and aerodynamic concepts. The X designator indicates a research mission within the U.S. system of aircraft designations. The history of X-planes, starting with the Bell X-1 and continuing through as many others as time allows, will be explored. Lectures will be supplemented with rarely seen videos.

Instructor: Bobby Berrier, LLS

8. Arabic Limited enrollment 10-week course

Tues., 9-10:45 a.m.
This course will introduce learners to the script and sound system of the Arabic language. It will also introduce them to basic conversation and dialogue.

Instructor: Dr. Diana Obeid, CNU

9. Sketching for Design and Composition in Black and White Limited enrollment

Tues., 9-11 a.m.
Members will improve their confidence in drawing and sketching using their choice of dry and wet mediums. Topics include how to use reference materials and value charts to create tonal plans for final work. Emphasis is on preparing to paint with color. Historical look at the technique and style of masters will be introduced. Includes essential terms, definitions and principles for the afternoon painting seminar and studio. Materials for this course include paper collage, pencils, pens, watercolors/acrylics, sketchbooks and pads. All levels.

Instructor: Jenny Linn Loveland, BA, MA

10. Spanish Beginners 3 Limited enrollment 10-week course

Tues., Thurs., 10-11:15 a.m.
Spanish Beginners 3 is meant for intermediate learners and is meant to guide students to a more advanced level. We will incorporate reading and comprehension as well as encourage more conversational tools and develop skills. \$30 course fee.

Instructor: Sandra Caballero, CNU

11. Strength and Stretch Limited enrollment 10-week course

Tues., Thurs., 11 a.m.-noon
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 currently dealing with physical problems that limit movement, mobility, stamina; or those experiencing pain.

Instructor: Betty Peach, LLS

12. Oh, What a Year, 1215!

Tues., 11 a.m.-12:15 p.m. 10-week course
In 1215, the world changed. Events that occurred during this pivotal year in history had repercussions in Europe, Africa, North America, South America, Asia and Japan. Some of the events that will be explored include the signing of the Magna Carta in England, the Fourth Lateran Council of the Catholic Church, the thriving Pueblo culture in North America, the establishment of the Incas in Peru, the beginnings of the Mayan Empire in Meso-America, the economic boom in Ethiopia and the expansion of the Mongol empire ruled by Genghis Khan in China.
Instructor: Dr. Joyce Armstrong, LLS

13. Spanish Beginners 2 *Limited enrollment*
Tues., Thurs., 11:30 a.m.-12:45 p.m. 10-week course

This class is a continuation of Beginners 1 and is still meant for students who are beginners but have some basic knowledge of Spanish such as sounds and basic vocabulary and want to advance slowly and calmly to a higher level. The focus is conversational and not grammatical. \$30 course fee.
Instructor: Sandra Caballero, CNU

14. Painting Seminar and Studio: From Color Theory to Painter's Palette *Limited enrollment*
Tues., noon-2 p.m.

This traditional painting course focuses on color theory, mixing paint as well as seeing color as values. This class builds on Sketching for Design and Composition. Confidence in creating tonal work is recommended. The course begins with tonal studies and will use all media of traditional painting: paper collage, pencils-pens, paints (water-based to oils). Includes studies of master-painter technique and approach in the context of history (technology, culture, materials, and their teachers). This course introduces essential terms, definitions and principles. All levels.
Instructor: Jenny Linn Loveland, MA, BA

15. Seated and Standing Yoga *Limited enrollment*
Tues., Thurs., 1-2:15 p.m. 10-week course

This gentle yoga class improves flexibility, strength, and balance and is adaptable for all levels. This class begins seated in the chair with breath work to center and focus. Still seated we warm up the head, neck, spine and hips. We then move to standing postures with support of the chair, as needed. Adaptations can be made to do postures without standing. To end the class, we return to the chair for a period of breath work, mindfulness and relaxation. \$30 course fee.
Instructors: Melissa McGill, Ed.D., RYT

16. Beginning French *Limited enrollment*
Tues., Thurs., 1-2:15 p.m. 10-week course

With an emphasis on borrowed and shared words that pepper the English language, such as envelope, rendezvous, ballet, statue, chef, tour, brochure and cuisine, this course will open your eyes to the beauty and ease of reading and speaking authentic French. We will explore together online sources sponsored by the French Ministry of Education which promote accurate French language learning. Role play and simple oral exercises will serve as the basis for learning new vocabulary and common phrasing. \$30 course fee.
Instructor: Karen Waddill

17. The Constitutional Convention of 1787

Tues., Thurs., 1-2:15 p.m.
In this course we will study the Constitutional Convention of 1787, starting with the reasons the convention was called. We will then take a chronological look at the discussions and debates that occurred during that long summer in Philadelphia. We will explore the framers' thoughts and perspectives as they struggled to create our novel form of government. We will also become familiar with the key participants at the convention. Course attendees should expect to obtain a better understanding of how and why our constitution was created. *This class will meet two times a week for only four of the five weeks in session A (Tuesday, January 26-Thurseday, February 18).*
Instructor: Mike Kerley

18. Intermediate Ukulele *Limited enrollment*
Tues., 2:30-3:45 p.m.

In this course we will explore intermediate level chords and strumming techniques for the ukulele by learning traditional and popular songs. Students will explore various musical styles as we learn songs from the Beatles, beach music, Hawaiian music and traditional jazz. For learners who have taken the beginning ukulele class.
Instructor: Mark Morgan

19. The Traveling Professor
Wed., 9-10:15 a.m.

Come along with the Traveling Professor as he explores the East Coast from Halifax to Key West and illustrates and explains the sights and history at each stop along the way. There are some pretty cool places out there and the Traveling Professor makes it a point to find them and loves to share his findings. Always something new to see and learn about.
Instructor: Dr. Harold Cones, Emeritus CNU

20. Internet and Email *Limited enrollment*
Wed., Fri., 9-10:15 a.m.

Learn to send and receive email messages (including attachments) and use the Internet. This class will be taught on a PC computer with Windows 10. \$15 course fee.
Instructor: Neil Hesketh

21. Introduction to Microsoft Office *Limited enrollment*
Wed., Fri., 10:45 a.m.-12:00 p.m.

This class will introduce students to the Microsoft Office suite of programs, including Word, Excel, Publisher and PowerPoint. Students will gain knowledge about what each program can do and learn how to create letters, lists, budgets, flyers and slide presentations both from scratch and using pre-designed templates. Free open-source software alternatives will also be reviewed. Basic computer mouse and keyboard skills will be helpful with this course, as well as a general familiarity with Windows 10. Concurrent and/or previous enrollment in the basic computer skills class is recommended, but not a prerequisite. \$15 course fee.
Instructor: Neil Hesketh

22. The Founding of Newport News

Wed., 11 a.m.-12:15 p.m.
The city now known as Newport News first appeared on a Dutch map about 1617 and is believed to be named in honor of Captain Christopher Newport. It was just a name on a map, Newport's News Point, until the Civil War erupted. Right off this point was fought one of the greatest sea battles in history, the Battle of Hampton Roads. This site, where the James River flows into Hampton Roads, was recognized by railroad magnet Collis Potter Huntington as ideal for industrial development. He then began the creation of the city of Newport News which quickly became a leading port city, railroad terminus and home to the largest private shipyard in the world.
Instructor: John V. Quarstein, director emeritus, USS Monitor Center, The Mariners' Museum

23. Seated Chair Yoga *Limited enrollment*
Wed., Fri., 12:15-1:15 p.m. 10-week course

This gentle yoga class improves flexibility and strength and is adaptable for all levels. This class is conducted entirely seated in the chair. We begin with breath work to center and focus, then we warm up the muscles of the neck, shoulders, spine, hips, legs, arms, feet and hands. Class ends with a period of breath work, mindfulness and relaxation. \$30 course fee.
Instructor: Melissa McGill, Ed.D., RYT

24. Backyard Astronomy
Wed., 1-2:15 p.m.

In our new COVID-conscious world, getting outside to enjoy the night sky is one of the safer ways to relax and share some (socially distanced) time with others! Join Dr. Kelly Herbst as she takes you on a journey through the sky that you can see from your own backyard. We'll be focusing on objects visible to the unaided eye, so no telescopes or binoculars will be needed for you to put your new knowledge into practice.
Instructor: Dr. Kelly Herbst

25. Intermediate French, Part 3 *Limited enrollment*
Wed., Fri., 1-2:15 p.m. 10-week course

Do you want to improve your speaking skills in French, navigate the airports, restaurants, train station, ask for directions, etc., and learn more about French culture? If you have a background in French grammar, speaking, reading and writing, this course is for you. A variety of mediums, such as audio-visuals, written practice, role playing and cultural experiences will enhance your knowledge. \$30 course fee.
Instructor: Rebecca Benham-Langdon, CNU

26. The Eight Limbs of Yoga *Limited enrollment*
Wed., 1:30-2:30 p.m. 10-week course

The physical postures of yoga are one of eight limbs of the larger concept of yoga. The eight limbs are a path to help cultivate a life of meaning and purpose. The eight limbs include (1) relating to interaction with the world (non-violence, truthfulness, personal restraint, non-greed); (2) relating to self (cleanliness/purity, contentment, discipline, study, devotion); (3) physical practice of yoga, (4) breathing practices; (5) withdrawal of senses/focusing inward; (6) concentration practices; (7) meditation; (8) enlightenment or integration. This class includes discussion, practice exercises, practice in breathing techniques and one session of chair yoga (gentle movement). Please have a notebook and pen/pencil.
Instructor: Melissa McGill, Ed.D., RYT

27. Oil and Acrylic *Limited enrollment*
Wed., 2-4 p.m.

Take the time to try mediums, techniques and application methods, pushing your practice in new directions, experimenting, breaking rules, making happy accidents and, finally, beautiful paintings. List of required supplies given upon registration.
Instructor: Oksana Davis

28. Advanced French, Part 3 *Limited enrollment*
Wed., Fri., 2:30-3:45 p.m. 10-week course

Do you want to converse more confidently in French and learn more vocabulary, grammar and culture? A continuation of Advanced French, this course will emphasize oral practice and more in-depth application of previous knowledge through a variety of mediums, such as reading, roleplaying, writing, audio-visuals and cultural experiences. \$30 course fee.
Instructor: Marie-Caroline Pirnik

29. Mythology, Religion and Creation Stories from the Sea
Wed., 2:30-3:45 p.m.

Presented on Zoom by The Mariners' Museum
This course will explore mythology, religion, and creation stories inspired by the sea. These stories we don't normally hear about include the Norse, Polynesian, African, Greek and Native American cultures. This series will be presented by the museum's Department of Interpretation.
Instructor: Lauren T. Furey, manager of visitor engagement, The Mariners' Museum

30. Keeper of Stories *Limited enrollment*
Thurs., 9-10:45 a.m.

Are you the "keeper" of your family's stories and just can't get them written? Join us in this workshop as we explore traditional and nontraditional approaches to writing family stories. Everyone is welcome.
Instructor: Heidi Hartwiger

31. John Fowles' *The French Lieutenant's Woman*
Thurs., 11 a.m.-12:15 p.m.

For this course, we will read the critically acclaimed novel as a twentieth-century Victorian novel, exploring it as a metafictional postmodern historical novel, with attention to its representation of Victorian society and history, as well as its modern take on that period.
Instructor: Dr. Kara Keeling, CNU

32. Watercolor (Intermediate-Advanced) *Limited enrollment*
Thurs., 11 a.m.-1 p.m.

This course is recommended for those of intermediate to advanced levels. 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 A session and one in B session. List of required supplies given upon registration.
Instructor: Oksana Davis

33. Basics of Windows 10 *Limited enrollment*
Thurs., 1-2:15 p.m. 10-week course

This course will introduce students to the basics of Windows 10. Topics covered will include: basic use, finding and storing files, printing, adding programs, organizing the start screen, selecting "default" programs, threat protection, and notifications.
Instructor: Robert P. Spiker

34. Drawing

Limited enrollment

Thurs. 2-4 p.m.

In the 20th century, 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 their formation of ideas and feelings in conjunction with the creative process of drawing. List of required supplies given upon registration.

Instructor: Oksana Davis
35. Apple Product Workshop

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

This workshop will provide the background to use your Apple products (iPhone and iPad) in a safe and secure manner. Since these devices are used outside your home, cybersecurity will be a continuous background theme of the course. This is designed for beginners to intermediate users and will cover topics from proper charging, device setup and using various apps to interacting with “cloud” storage. Come with questions; this course is designed to incorporate participants’ needs and questions.

Instructor: Robert P. Spiker
36. Understanding Opera

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

This course will prepare students to fully appreciate Virginia Opera’s shortened 2020-2021 season. Works discussed include a double-bill of one-act operas (Poulenc’s “La Voix Humaine” and Puccini’s “Gianni Schicchi”), Mozart’s “The Marriage of Figaro” and Gilbert and Sullivan’s “The Pirates of Penzance.” Discussions provide comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for beginners and aficionados alike.

Instructor: Dr. Glenn Winters, Community Outreach Director, Virginia Opera
37. Healthy Aging in Retirement and Beyond (Riverside Doctors Series)

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

10-week course

Hear from more Riverside Health System experts who specialize in the care of older adults, and learn the inside secrets that will help you enjoy your best years in good health. The course will cover a wide range of topics, such as fitness, women’s health, mind and memory, heart health, and more.

Coordinator: Aisha Parks, Riverside Health Systems
38. Writing for Historians

Limited enrollment

Fri., 11 a.m.-12:45 p.m.

10-week course

In this course we write family history, discover our inner writing “voice” and share family stories, receiving feedback from classmates and the instructor. Learn how to write making a narrative flow, to “show, not tell,” and to see the past come alive. Practice relative points in grammar and punctuation as we learn various aspects and nuances of writing. We write, we share, we learn!

Instructor: Nancy Anderson, LLS
39. Introduction to Meditation

Limited enrollment

Fri., 1:30-2:30 p.m.

10-week course

Meditation has proven benefits for the mind and body, including improvements in concentration, sleep, anxiety, stress management, and overall sense of well-being. This class will practice

40. Watercolor (Beginner-Intermediate)

Limited enrollment

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

This course is recommended for those of beginner to intermediate level. 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 A session and one in B session. List of required supplies given upon registration.

Instructor: Oksana Davis
41. Practicing Poetry

Limited enrollment

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

This course is for poetry writers. Writers will be given a prompt or topic on which to write and the resulting poem will be critiqued by other students and by the instructor. Course #5, Exploring Poetry, in Session A is not a perquisite, however topics discussed in Session A will be further explored as prompts for poems for this course.

Instructor: Serena Fusek
42. Botany for Gardeners

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

Plants are living, responding, dynamic organisms. Understanding their biology can help gardeners select plants, make gardening decisions, and appreciate the flowers and vegetables in their garden. This course will cover plant growth and development, growth form, and plant reproduction through the lens of gardening.

Instructor: Dr. Janet Steven, CNU
43. Sketching for Design and Composition in Black and White

Tues., 9-11 a.m.

Limited enrollment

Same as course #9.
44. Painting Seminar and Studio: From Color Theory to Painter’s Palette

Tues., noon-2 p.m.

Limited enrollment

Same as course #14.
45. The Southern Campaign of the American Revolution

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

Since 1775, Great Britain had struggled to retain her colonies in North America. Despite numerous victories, the British Army had not decisively defeated the Continental Army. The war drained the Crown’s resources and diminished public support. After the American victory at Saratoga in 1777, France, the Netherlands and Spain were also allied against Great Britain which expanded the scope of the conflict into a world war. The Southern Campaign was formulated by the British High Command with the goal of scoring a decisive victory in the south ending the rebellion and ceasing the costly war. At first, this new strategy seemed sound with victories at Savannah, Charleston, and Camden. The British, however, miscalculated the level of Tory support in the Southern colonies and the necessary logistics to hold captured territories. This course will examine the commanders, commoners, logistics and operations of this important campaign in the American Revolution that culminated in the Allied victory at Yorktown.

Instructor: Michael Moore, Civil War site curator, Lee Hall Mansion
46. America Speaks: Songs of Patriotism, Protest and Propaganda

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

A study of the importance of music in American culture and history. In this course learners will explore the role music has played in America as a voice for social change, protest, politics, and even as a weapon of war. Through audio and video examples, the class will discover how music has played a vital role in the growth and development of our society from the early broadside ballads and songs of the American Revolution to protest songs and calls for change in the 20th and 21st centuries.

Instructor: Mark Morgan
47. The Battle of the Atlantic in World War II, 1939-1945

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

The German war on Allied merchant shipping – and Allied counter-measures to defeat it) – has been described as the longest military campaign of World War II. Over its six-year course, it resulted in the loss of 3500 merchant ships and 175 warships by the Allies and 783 U-boats and 47 surface ships (including four battleships) by the Germans. Shortly after America’s entry into the war, it brought the Atlantic war to the very shores of the United States, with ships being sunk within sight of horrified civilians near port cities up and down the Atlantic Seaboard. This course discusses the evolution of the submarine as a weapon of war by the Kaiser’s navy during World War I and then focuses on the resurrection and refinement of submarine technology and tactics by Nazi Germany during the 1930’s and the early years of World War II. Finally, it considers the technology and tactics developed by the Allies, which ultimately eliminated what Winston Churchill called “the U-boat peril.”

Instructor: Col. Richard C. Payne, U.S. Army Ret., LLS
48. Travels in Italy: A Personal Journal

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

Join me on a virtual tour to some of my favorite spots in Italy. We will begin on the island of Sicily and work our way north to the Veneto, focusing on smaller but fascinating archaeological sites, historical monuments and cities. These include, but are not limited to: Syracuse in Sicily, Matera in Basilicata, Ostia in Lazio, Assisi in Umbria, and Bologna and Ravenna in Emilia-Romagna. We will finish our trip in the Veneto, region of Venice.

Instructor: Dr. Alice Rubinstein, LLS
49. Lessons in Looking Closely

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

Celebrate the art of observing our natural world through the eyes of two Pulitzer Prize authors: Annie Dillard and Mary Oliver. We are reading Dillard’s *Pilgrim at Tinker Creek* (which flows in Virginia near Roanoke) and selections from two Mary Oliver books of accessible, radiant poetry: *American Primitive* and *Dream Work*.

Instructor: Christy Lumm
50. Oil and Acrylic

Limited enrollment

Wed. 2-4 p.m.

Same as course #27.
51. The Battle of the Atlantic in World War II, 1939-1945

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Join me on a virtual tour to some of my favorite spots in Italy. We will begin on the island of Sicily and work our way north to the Veneto, focusing on smaller but fascinating archaeological sites, historical monuments and cities. These include, but are not limited to: Syracuse in Sicily, Matera in Basilicata, Ostia in Lazio, Assisi in Umbria, and Bologna and Ravenna in Emilia-Romagna. We will finish our trip in the Veneto, region of Venice.

Instructor: Dr. Alice Rubinstein, LLS
57. Lessons in Looking Closely

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

Celebrate the art of observing our natural world through the eyes of two Pulitzer Prize authors: Annie Dillard and Mary Oliver. We are reading Dillard’s *Pilgrim at Tinker Creek* (which flows in Virginia near Roanoke) and selections from two Mary Oliver books of accessible, radiant poetry: *American Primitive* and *Dream Work*.

Instructor: Christy Lumm
58. Oil and Acrylic

Limited enrollment

Wed. 2-4 p.m.

Same as course #27.
59. The Battle of the Atlantic in World War II, 1939-1945

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

The German war on Allied merchant shipping – and Allied counter-measures to defeat it) – has been described as the longest military campaign of World War II. Over its six-year course, it resulted in the loss of 3500 merchant ships and 175 warships by the Allies and 783 U-boats and 47 surface ships (including four battleships) by the Germans. Shortly after America’s entry into the war, it brought the Atlantic war to the very shores of the United States, with ships being sunk within sight of horrified civilians near port cities up and down the Atlantic Seaboard. This course discusses the evolution of the submarine as a weapon of war by the Kaiser’s navy during World War I and then focuses on the resurrection and refinement of submarine technology and tactics by Nazi Germany during the 1930’s and the early years of World War II. Finally, it considers the technology and tactics developed by the Allies, which ultimately eliminated what Winston Churchill called “the U-boat peril.”

Instructor: Col. Richard C. Payne, U.S. Army Ret., LLS
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Instructor: Dr. Alice Rubinstein, LLS
109. Lessons in Looking Closely

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

51. The History of Music: An Interdisciplinary Exploration
Wed., 2:30-3:45 p.m.
Travel with us through the course of music history as we explore its social and historical context via the interdisciplinary lenses of art, ballet, literature and more. Students will gain an understanding of major periods in music history, as well as a familiarization with significant composers and compositions. Lectures will be supplemented with live performance demonstrations; no prior music training is required.
Instructor: Dr. Anastasia Pike, CNU

52. Limnology, the Science of Earth's Freshwaters
Thurs., 9-10:15 a.m.
Most of the water on Earth is in the ocean, but freshwater lakes and rivers are critical to terrestrial life. Water also inspires us to write poems, have romances and adventures, and fight wars. With these facts in mind, this course will touch on the science of surface freshwater, limnology, from water itself to the geology, physics, biology and chemistry of lakes and rivers. The goal will be to give you an appreciation and understanding of these bodies of water so that you can not only use and enjoy them, but also protect them for future generations to do the same.
Instructor: Dr. Greg Cutter, ODU

53. 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

54. China Under Chairman Xi (2012-2021)
Thurs., 11 a.m.-12:15 p.m.
This class will cover the following topics: Introduction to Chairman Xi Jinping and the structure of Chinese government; human rights (mass relocations, workers' rights, reproductive rights, Uighurs, Tibetans); controlling Hong Kong, Macau and Taiwan; socialism with Chinese characteristics: problems for the new economy (changing consumption and production patterns); China's world position (soft and military power, relations to U.S.).
Instructor: Dr. Dorothy B. James, LLS

55. Watercolor (Intermediate-Advanced) *Limited Enrollment*
Thurs., 11 a.m.-1 p.m.
Same as course #32. Register for only one watercolor class in A session and one in B session.

56. Religion and the Arts
Thurs., 1-2:15 p.m.
People have always had imaginative ways of expressing themselves in their religious lives. This course focuses on the human drive for creativity and self-expression through a study of religious invention. Students will examine creative works both structurally and within their cultural and historical contexts. This course will explore religion as it is expressed in music, dance, architecture, poetry, drama and the visual arts.
Instructor: Dr. Dawn Hutchinson, CNU

Course #33 – Continued: Basics of Windows 10
Thurs., 1-2:15 p.m.

57. Drawing
Thurs., 2-4 p.m. *Limited enrollment*
Same as course #34.

58. Android Product Workshop
Thurs., 2:30-3:45 p.m.
This workshop will provide the background to use your Android products (cell phones and tablets) in a safe and secure manner. Since these devices are used outside your home, cybersecurity will be a continuous background theme of the course. This is designed for beginners to intermediate users and will cover topics from proper charging, device setup and using various apps to interacting with "cloud" storage. Come with questions; this course is designed to incorporate participants' needs and questions.
Instructor: Robert P. Spiker

Course #37 – Continued: Riverside Doctors Series
Fri., 11 a.m.-12:15 p.m. *10-week course*

Course #38 – Continued: Writing for Historians
Fri., 11 a.m.-12:45 p.m.

Course #39 – Continued: Introduction to Meditation
Fri., 1:30-2:30 p.m.

59. Watercolor (Beginner-Intermediate) *Limited enrollment*
Fri., 1:30-3:30 p.m.
Same as course #40. Register for only one watercolor class in A session and one in B session.



CNU LIFELONG LEARNING SOCIETY
2021 SPRING COURSE REGISTRATION FORM

Name(s): _____ Phone: _____

Address: _____
Street City ZIP

Are you enrolling as a new member of LLS? Yes ____ No ____ Email: _____

Emergency Contact: _____
Name Relationship Phone #

Session A: Please number courses in order of preference in each session (10-week courses only listed once)

____ 1 Continued Latin	____ 11 Strength and Stretch	____ 21 Microsoft Office	____ 31 John Fowles
____ 2 Intermediate Yoga	____ 12 Year 1215	____ 22 Newport News	____ 32 Watercolor Thursday
____ 3 Intermediate Spanish	____ 13 Beginning Spanish 2	____ 23 Seated Chair Yoga	____ 33 Basics of Windows 10
____ 4 Gentle Yoga	____ 14 Painting Seminar and Studio	____ 24 Astronomy	____ 34 Drawing
____ 5 Exploring Poetry	____ 15 Seated and Standing Yoga	____ 25 Intermediate French	____ 35 Apple Workshop
____ 6 Body Fusion	____ 16 Beginning French	____ 26 Eight Limbs of Yoga	____ 36 Understanding Opera
____ 7 X-Planes	____ 17 Constitutional Convention	____ 27 Oil and Acrylic	____ 37 Riverside Doctors Series
____ 8 Arabic	____ 18 Intermediate Ukulele	____ 28 Advanced French	____ 38 Writing for Historians
____ 9 Sketch Design and Composition	____ 19 Traveling Professor	____ 29 Mariners' Museum	____ 39 Meditation
____ 10 Spanish Beginners 3	____ 20 Internet and Email	____ 30 Keeper of Stories	____ 40 Watercolor Friday

Session B: Please number courses in order of preference in each session

____ 41 Practicing Poetry	____ 46 America Speaks	____ 51 History of Music	____ 56 Religion and Arts
____ 42 Botany for Gardeners	____ 47 Battle of Atlantic WWII	____ 52 Limnology	____ 57 Drawing
____ 43 Sketch Design and Composition	____ 48 Travels in Italy	____ 53 Creative Nonfiction Writing	____ 58 Android Workshop
____ 44 Painting Seminar and Studio	____ 49 Looking Closely	____ 54 China Under Chairman Xi	____ 59 Watercolor Friday
____ 45 American Revolution	____ 50 Oil and Acrylic	____ 55 Watercolor Thursday	

INTEREST GROUPS – OPEN TO ALL MEMBERS: ____ Book Club

Our society is managed by and for its members. If you are willing to help, please check one or more of the following:
____ Hospitality ____ Program Planning ____ Course Assistant ____ Teaching a Course

You may register either by mail to LLS, Christopher Newport University, Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602; or drop it through the mail slot at 660 Hamilton Drive, Yoder Barn House; or by phone at (757) 269-4368. If you register by January 11, you will receive written confirmation of your courses. If you register after January 11, information will be available in the LLS office.

If you paid for a \$235 membership or a \$140 membership in the fall, you do NOT owe any membership fee.

Full membership January-August 2021 lectures, courses, interest groups & optional activities.....(\$185) \$ _____

Associate membership January-August 2021 lectures, interest groups & optional activities. No courses.....(\$110) \$ _____

If you are currently an associate member and want spring courses.....(\$60) \$ _____

Course fee (\$30 per course) 1 Continued Latin, 2 Intermediate Yoga, 3 Intermediate Spanish, 4 Gentle Yoga, 6 Body Fusion, 10 Spanish Beginners 3, 13 Spanish Beginners 2, 15 Seated and Standing Yoga, 16 Beginning French, 23 Seated Chair Yoga, 25 Intermediate French, 28 Advanced French.....(____ x \$30) \$ _____

Course fee (\$15 per course) 20 Internet and Email, 21 Microsoft Office.....(____ x \$15) \$ _____

Additional parking decal only.....(____ x \$22) \$ _____

TOTAL \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____
Date Cash or check or credit card

____ current member	____ packet	____ time recv.	____ date recv.
____ reinstated member	____ name tag	____ blue book	____ computer
____ new member	____ decal		

Payment Options: Checks (made payable to CNU), cash or credit card.
Credit card payments will ONLY be accepted over the phone (757) 269-4368 due to PCI compliance requirements for the state of Virginia.



FIELD TRIP SCHEDULE

Field trips are **CANCELLED** temporarily until further notice. For more information on trips, please call the LLS office at (757) 269-4368.



Interest Groups:

1. **Scrabble**
Mondays at noon, weekly
Cancelled
2. **Book Club**
Mondays at 9:30 a.m., monthly,
Held ONLINE via Zoom
3. **Mahjongg**
Fridays at 9:30 a.m., weekly
Cancelled
4. **Discussion Group**
Fridays at 10 a.m., monthly
Cancelled

To sign up for interest groups, please see the registration page included in the brochure.
*Scrabble, Mahjongg, and Discussion Group are **CANCELLED** until further notice due to COVID-19*



MONDAY-AFTERNOON LECTURES & CONCERTS PERFORMANCES

January 25, 1:30 p.m.

Opening Lecture

The Virginia Political Landscape at the Beginning of 2021
Dr. Quentin Kidd, CNU

February 1, 1:30 p.m.

The Camino to Santiago de Compostela, A Transformational Journey
Dr. Bradley Harper

February 8, 1:30 p.m.

Why Museums Matter, Part 1: The History of Museums
Dr. Michelle Erhardt, CNU

February 15, 2 p.m.

Theater CNU Musical Preview "Sweeney Todd"
Dr. David Shuh, CNU

February 22, 1:30 p.m.

Chesapeake Bay Foundation
Christy Everett, Hampton Roads Director, Chesapeake Bay Foundation

March 8, 2 p.m.

Why Museums Matter, Part 2: How Museums Work
Dr. Michelle Erhardt, CNU

March 15, 1:30 p.m.

CNU Dance Concert
Professor Laura Lloyd, CNU

March 22, 1:30 p.m.

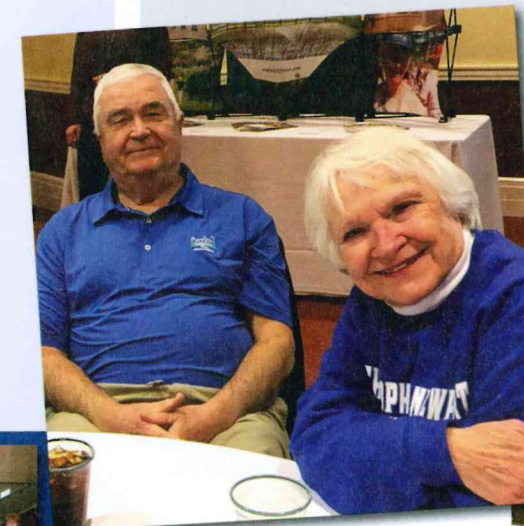
Beyond Harry Potter: Pictures Books to Chapter Books for Today's Children
Dr. Kara Keeling, CNU

March 29, 1:20 p.m.

"State of the Arts"
Bruce Bronstein, Executive Director, Ferguson Center for the Arts

April 5, 1:30 p.m.

Why Museums Matter, Part 3: Inside the CNU Fine Art Center
Dr. Michelle Erhardt, CNU



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

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

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LIFELONG LEARNING SOCIETY

Christopher Newport University
Yoder Barn Theatre
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Newport News, VA 23602-6925



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CONFERENCES

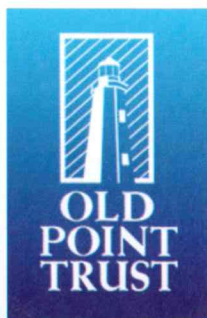
Gardening Symposium

CNU's next Annual Gardening Symposium is scheduled for 2022.

Writers Conference

The 39th Annual Writers Conference will be held virtually in May of 2021.
(In collaboration with the CNU Department of English
and the Writers' Advisory Council)

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