

**THE ACADEMY FOR LIFETIME LEARNING (ALL)
SPRING SEMESTER 2012
REGISTRATION INFORMATION**

- The membership fee for ALL is \$20 per semester, and is good for unlimited courses from January 17 through April 27, 2012.
- The Membership fee is nonrefundable.
- Any class fees should be paid directly to the class instructor and not included with your \$20 Membership fee.
- This Catalog is divided into 3 sections: Bonus Classes, ALL in the Community, and ALL at the College. Please read all sections carefully before completing your registration.

ATTENDANCE

- All persons attending a class must be registered as Members of the Academy. Guests may not attend any class sessions with the exception of the Bonus Classes.
- Everyone, member or not, is eligible and encouraged to attend the Bonus Classes and bring some friends.
- Registrants will receive an e-mail notice confirming registration or, if the class is full, their place on the waiting list.
- DO NOT show up on the first day of class without a confirmation of registration. The class may be full with a waiting list, in which case, you are jumping in front of people who registered before you. **If you do not receive notification, contact the instructor before the first session to check your status.**
- DO register as early as possible to ensure your enrollment in your class choices.
- If, after registering, a member is not able to attend a course, notify the course instructor so the next person in line may be enrolled.
- Members should be careful to register only for those courses they actually plan to attend. Signing up for a course and not attending denies someone else the opportunity to enroll.
- If members cannot attend a class session, they should notify the instructor.

ACADEMY FOR LIFETIME LEARNING SPRING 2012 CATALOG

BONUS CLASSES

100S Understanding Opera: *Orpheus* by Philip Glass – Dr. Glenn Winters

Whether you are an opera-lover or a questioning newcomer, this class will deepen your appreciation for the art form. Students will receive comprehensive background and musical/dramatic analysis of this production of the Virginia Opera. Glass is the most renowned opera composer of our time, and his *Orpheus* a powerful tale of true love and loyalty.

January 27, 2:00 – 4:00 PM, Eastern Shore Community College Lecture Hall, C111

Dr. Winters, Community Outreach Musical Director of the Virginia Opera, received his Doctor of Music from Northwestern University. He has taught college level piano, performed operatic baritone, and has authored an educational opera: **History Alive!**

101S Understanding Opera: Gilbert & Sullivan's *The Mikado* – Dr. Glenn Winters

This class provides insight into the delights of this classic comic opera. As with all of Dr. Winters' talks, plentiful use of video and audio clips illustrate and enliven the presentation.

March 9, 2:00 – 4:00 PM, Eastern Shore Community College Lecture Hall, C111

102S Wine Dinner at Annie's

This meal includes four courses, each paired with a complimentary wine. Appetizer (Edamame Potstickers with Sweet Chili Sauce), salad (Field Greens with Cranberry Cherry Dressing) and two entrees (Twin Fillet Mignon Medallions and Lemon & Parsley Crusted Rockfish Fillet). Oven Roasted Potatoes and Vegetable Medley accompany the entrees. Dessert is Chocolate Mousse martini with Fresh Raspberries. The wine vendor will also be present to offer information on the wines chosen for the evening. Don't miss it!

Tuesday, January 17, 6:00 PM at Annie's Restaurant, Parksley.

Reservations must be made by Thursday, January 12 – by phone to 665-5276 or e-mail to lanam@m3corporation.net.

Fee for this class is \$50 (tax and gratuity included)

Class minimum: 20

ALL in the Community

103S Beginner's Guide to Quilting – Marie Marshall, 789-3704, gardensweetie@aol.com

Get the basics in three short sessions and emerge with a finished piece. **You must bring a sewing machine to class.**

There is an \$18 fee for this class.

Class limit: 10

3 Sessions: March 6, 13, 20, 9:30 – 11:00 AM

Classes meet at Drummondtown Methodist Church.

104S Intermediate Quilting – Marie Marshall, gardensweetie@aol.com

Next steps in creating a quilt for those who've taken beginner's guide. **You must bring a sewing machine to class.**

There is an \$18 fee for this class.

Class limit: 10

3 Sessions: April 10, 17, 24, 9:30 – 11:00 AM

Classes meet at Drummondtown Methodist Church.

105S Knitting for Experienced Knitters – Nancy Hershey, purlsonancock@yahoo.com

Create a beautiful reversible scarf, using cable technique and faggoting. Skills taught include cable technique, chart and pattern reading, yarn over, and more.

Materials needed: 280 yards chunky weight yarn, pattern, needles size 8 & 11, cable needle.

Class meets at Purls, 6 North St, Onancock, January 24, 31, and February 7, 1:00 – 3:00 PM.

Class limit: 6

106S Knitting for Experienced Knitters – Nancy Hershey, purlsonancock@yahoo.com

Create a feather and fan lace scarf. Skills taught include pattern reading, yarn over, k2 tog and knitted cast on.

Materials needed: 300-400 yards sport weight yarn; size 7 needles.

Class meets at Purls, 6 North St, Onancock, February 15, 22, and 29, 1:30 – 3:30 PM

Class limit: 6

107S Experience Eastern Shore Artisans – Don McGavock, 2retiredroses@gmail.com

The Eastern Shore Artisans' Guild opens their doors to take ALL into their studios to show and demonstrate their art. Sixteen artisans will be featured, and class participants will visit four artisans each week to see first-hand their creative process.

Class meets Friday, February 24th at Eastern Shore Community College for orientation, rm. WD 160. On subsequent Wednesdays, from 9 AM to 3 PM, participants will travel to artisans' studios. (Studio dates: February 29, March 7, 14, and 21)

Class limit: 10

Don McGavock is on the Board of the Artisans' Guild and has been a woodworker for over 40 years.

108S Who's In The Kitchen With Don? – Don McGavock, 2retiredroses@gmail.com

You could be the lucky sous chef creating mouth-watering meals in the kitchen of chef Don McGavock. For three Wednesdays, participants will gather to create such tasty meals as Trout Audubon, Herb-encrusted chicken, black bean soup, shrimp remoulade, and more! When class is over, lunch is served and enjoyed by students and Chef McGavock.

There is a \$36 fee for this class.

Class limit: 8

Class meets April 4, 11, and 18 from 9:00 AM – 12:00 PM at Mr. McGavock's home. Lunch follows the classes. Participants will receive directions to his residence prior to the first class.

Instructor Don McGavock is a professional chef, having owned his own restaurant, the Cottage Garden Café, in Mississippi. In addition to his culinary expertise in his own restaurant, he has experience cooking for large outdoor events and parties. His true love is the cooking demonstrations he's prepared over the years.

109S Yoga for Relaxation and Meditation – Amy Celeste Young-Beard, paleturtlemoon@cox.net

Nurture your body, mind and spirit. This class teaches Yoga postures linked in a series to relieve stress, calm the mind, increase flexibility and gently challenge the body. Each class ends with a refreshing and centering period of relaxation. This is a slow, meditative yoga class suitable for all ages and levels.

There is a \$60 fee for this class

Class limit: 10

6 Sessions: February 8, 22, March 7, 21, April 4, 18

Classes meet Wednesdays from 12:00 – 1:00 PM at My Candle Garden in Parksley (located across from Fresh Pride).

Instructor Young-Beard is a certified Yoga instructor and has practiced for nearly 20 years – including during all four of her pregnancies.

ALL at the College

Classes will be held Friday at Eastern Shore Community College

110S Beginning Mah Jongg – Lana McKinzie, 665-5276, lanam@m3corporation.net

Learn the basic rules of Mah Jongg. You'll come to recognize the tiles and understand the basics of the game. At the end of class, you'll be ready to play!

Class limit: 8

4 Sessions: February 3, 10, 17, 24, 11:00 AM – 12:30 PM, WD 150

Instructor Lana McKinzie has played Mah Jongg for many years and is an experienced teacher.

111S Next Step Mah Jongg – Nancy Roberts, nroberts@verizon.net

Class limit: 8

4 Sessions: February 3, 10, 17, 24, 11:00 AM – 12:30 PM, A44

Nancy is an experienced Mah Jongg player and teacher.

112S Intermediate Spanish – Robert Eames, 442-3307, 710-0520

This is a continuation of the Fall course, grammar-based instruction for those wanting to learn to speak Spanish. The text, Living Spanish, is available at The Book Bin. Students may wish to review material from last semester before classes resume.

Class limit: 10

12 Sessions, consecutive Fridays from February 3 – April 20, 1:00 – 2:30 PM, WD 150

Instructor Eames served as a Latin American Specialist for 22 years in the U.S. Army. He taught Spanish at Northampton High for 19 years until he retired in 2002.

113S Bite-Sized Book Club – Sherry Burns, gmb47@verizon.net

It's the camaraderie and fun of a book club without the investment of time: learn to enjoy short stories and join the group for a spirited discussion of this session's selection: The Best American Mystery Stories of 2011 (available at The Book Bin for approximately \$15).

Class limit: 14

7 Sessions: February 3, 11, 17, 24, March 2, 9, 16, 11:00 AM – 12:30 PM, WD 160

Instructor Sherry Burns is an avid reader and book enthusiast.

114S Value Differences, Moral Quandaries, & Ethical Dilemmas – Kim Miles,

k_miles@mcttelecom.com

Join a lively discussion group tackling sticky questions, both hypothetical and some ripped from the headlines. Participants dissect thorny problems and reach surprising conclusions about why we feel and act the way we do. This class invites open minds and divergent points of view; no spitting or fisticuffs allowed. NOTE: last semester's participants should wait for new dilemmas coming Fall 2012.

Class limit: 15

4 Sessions: February 3, 10, 17, 24, 9:30 – 11:00 AM, Main Conference Room, A29

Moderator Keith (Kim) Miles, claims no formal background in solving ethical/moral dilemmas but does profess an intense interest in seeing how people arrive at ethical solutions (or not). And he loves a spirited discussion!

115S Practical Digital Photography – John Shire, www.johnshirephotography.com and Charlie Ross, 442-3633

Topics include the art of composition, the use of light and control of the photographic process. Prerequisites: must have a digital camera and should have the ability to e-mail photos to an instructor.

Class limit: 12

6 Sessions: March 16, 23, 30, April 13, 20, 27, 1:00 – 2:30 PM, WD 160

John Shire has been photographing for over 40 years and has exhibited his work in Connecticut and New York galleries. Charlie Ross has over 50 years experience in photography, and shows his work on the Eastern Shore.

116S Memoir Writing in Prose and Poetry – Elizabeth Plionis, Eplionis@aol.com and Lana McKinzie, lanam@m3corporation.net.

We all have a story to tell. Become your own historian by telling your own story. Write, support, and critique memoirs within the group.

Class limit: 12

6 Sessions: Feb 10, 17, 24, March 2, 9, 16, 9:30 – 11:00 AM, WD 150

Instructors Betty Plionis and Lana McKinzie are both graduates of the memoir-writing classes taught in prior years by Grace Wakefield and Betty Ross. They have offered to share what they've learned as a way of "paying it forward" in gratitude for the skills they learned from Betty and Grace.

117S Travel Talks

Armchair tourism at it's best. Listen to seasoned travelers share their adventures around the globe. Each week features a different speaker/destination.

March 2 – Peggy Swan explores Cambodia and the marvelous city of Anghor Wat

March 9 – Joyce Koch takes us on a cruise down the Danube, exploring Prague, Budapest and Vienna as we go.

March 16 – Tony Picardi whisks us off to Costa Rica for some fabulous birdwatching.

April 6 – Wes Brown tours the far-flung reaches of Papua, New Guinea

Travel Talks meet 9:30 – 11:00 AM, WD 160

118S Writers' Guide to Self-Publishing – Carol Matthews, cematthews@hotmail.com

Independent authors, are you ready to move your written work into book form? If you are self-motivated, enjoy creative control of your work and want to bypass the traditional publishing route or the expense of vanity publishing, this is your ticket! Learn to use available self-publishing resources to create your masterpiece.

NOTE: It would be helpful to bring your own laptop.

3 Sessions: March 23, 30, April 6, 11:00 AM – 12:30 PM, WD 150

Instructor Carol Matthews is an indie author, with two self-published novels. She teaches English at WorWic Community College. She holds an MA in English Literature from Salisbury University.

119S Honey Bee Haven – Mary Clements, maryc12@verizon.net

Explore the wonders of the honey bee, from history to anatomy, the dynamics of the hive and colony, types of hives, pollination, uses of honey bees around the world, threats to the bee (pests, diseases, etc) and of course, honey!

2 Sessions: February 3 and 10, 9:30 – 11:00 AM, WD 160

Instructor Mary Clements has been keeping bees (and they her) for three years. She is working towards becoming a master beekeeper. She is a member of the local Beekeepers Guild of the Eastern Shore and the Virginia Beekeepers Organization. She's been working with bee's wax and other natural products for over 15 years and has taught classes in a wide variety of subjects.

120S Fishing Fundamentals for the Shore – Ken Schultz, ken@kenschultz.com

If you're new to fishing – or new to fishing the shore – this class provides the basic info; where and when to fish, what to use to catch them. Class will cover equipment, techniques, locations, local species, and other related subjects.

4 Sessions: March 9, 16, 23, 30, 3:00 – 4:30 PM, WD 160

Ken Schultz spent 31 years as staff writer and fishing editor for *Field & Stream*; he's written more than 500 feature articles for that magazine, as well as a syndicated newspaper column for Gannett newspapers. He's written many articles for the *New York Times*. An inductee of the National Freshwater Fishing Hall of Fame, he's former Fishing Editor of ESPNOutdoors.com. He's written eighteen books on sport fishing topics, among them his epic work: **Ken Schultz's Fishing Encyclopedia & Worldwide Angling Guide.**