

THE ACADEMY FOR LIFETIME LEARNING (ALL)

REGISTRATION INFORMATION

- All classes and workshops meet on Friday at Eastern Shore Community College unless otherwise noted.
- The annual membership fee for ALL is \$25 and is good for unlimited courses from September 2009 through May 2010.
- **Any class fees should be paid directly to the class instructor and not included with your \$25 Membership fee.**
- **Please note – there are two sections of Memoir Writing. You may register for either one; both classes will cover the same material.**

ATTENDANCE

- **All persons attending a class must be registered as Members of the Academy. GUESTS MAY NOT ATTEND any class sessions.**
- **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.**
- **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 class, notify the leader so the next person in line may be enrolled.**
- **Members should be careful to sign up only for those workshops they actually plan to attend. Signing up for a class and not attending denies someone else the opportunity to enroll in the class.**
- **If members cannot attend a class session, they should notify the workshop leader.**

ACADAMY FOR LIFETIME LEARNING, SPRING 2010 CATALOG

January 22 – May 21

100S Refresh Your Spanish – Bob Eames, 442-3307, cell: 710-0520

If you have a basic understanding of the language, this is a chance to increase your knowledge of Spanish including vocabulary review and conversational sessions. Students will be required to bring an English-Spanish dictionary.

Class limit: 20

9 Sessions: January 22, 29, February 5, 12, 19, 26, March 5, 19, 26, 1:00 – 3:00 PM, Room B94

Experience – Bob spent 22 years in the army as a Latin American Specialist. He taught Spanish at Northampton H.S. for 19 years. Bob retired in 2002.

101S Memoir Writing in Poetry and Prose – Grace Wakefield and Betty Ross, 442-3633

We all have a story to tell. Become a storyteller and a historian. Write, support and critique memoirs within the group.

Class limit – minimum 8 – maximum 12

6 Sessions: January 22, 29, February 5, 12, 19, 26, 1:00 – 2:30 PM, Rm A70

Experience – Grace Wakefield completed graduate studies at U. of Pa. and taught Sociology for 10 years in PA and VA.

Betty Ross has a PhD. From NYU and taught in the Nursing Program at Fairleigh Dickinson Univ. NJ.

102S Memoir Writing in Poetry and Prose – Grace Wakefield and Betty Ross, 442-3633

We all have a story to tell. Become a storyteller and a historian. Write, support and critique memoirs within the group.

Class limit – minimum 8 – maximum 12

6 Sessions: January 22, 29, February 5, 12, 19, 26, 3:00 – 4:30 PM, Rm A70

103S Clay Workshops – Elizabeth Hunt, 757-709-1288, ehmadpotter@verizon.net

Two full-day workshops – **bring your lunch and wear suitable clothes.** Learn hand building techniques, pottery wheel instruction and glazing. You will create a finished product. Those with experience are also welcomed. **There is a \$35 material fee for this class.**

Class limit – 10

2 Sessions: WEDNESDAY, January 27, and WEDNESDAY, February 10, 10:00 AM to 3:00 PM.

This class will meet at the Elizabeth Hunt Studio, Onancock School, College Avenue, Onancock.

Experience – Elizabeth majored in art. She has been working with ceramics and pottery for 15 years, and has been teaching classes on the shore for several years. She shows and sells her work.

104S Beaded Scarf – Nancy Hershey, njhershey@yahoo.com

Knitting with beads adds sparkle and beauty to your handknit projects. We will learn to knit with beads as we create a scarf. A fun project. Participants need to know how to knit and purl, cast on/off.

Materials: 200 yards worsted yarn, wide eye needle, size 6 seed beads, size 8 needle, free pattern.

Class limit – 6

4 Sessions: WEDNESDAYS, January 27, February 3, 10, 17, 1:00 – 3:00 PM

This class will meet at Purls Yarn Shop, 27 Market Street, Onancock.

105S Practical Psychology for Seniors Part II – Peggy Swan, 787-3020, peggyswan@verizon.net

Learn to worry more efficiently and effectively, channel anger so you benefit from it, communicate more effectively, and eliminate triangles in your life.

Class limit – 15

5 Sessions: January 29, February 5, 12, 19, 26, 9:30 – 11:00 AM, Rm A70

Experience – Peggy has a master's degree in Counseling Psychology and is licensed in Maryland and Virginia as a Licensed Professional Counselor and Licensed Marriage and Family Counselor. She has been practicing for 19 years. In 2000, she started her own practice in Accomac where she works 3 days a week.

106S Working With Dreams – Betty Ross, 442-3633 and Peggy Swan peggysswan@verizon.net

When we go to sleep, sometimes we dream. In the morning, we get on with our life; the dreams go away and we wish we could remember them. Join our class and have fun with dreams.

Class limit – 12

5 Sessions: January 29, February 5, 12, 19, 26, 11:00 – 12:30 PM, Rm A70

Experience – Betty Ross has a PhD. From NYU and taught in the Nursing Program at Fairleigh Dickinson Univ. NJ.

Peggy has a master's degree in Counseling Psychology and is licensed in Maryland and Virginia as a Licensed Professional Counselor and Licensed Marriage and Family Counselor. She has been practicing for 19 years. Both have experience working with dreams.

107S Beginning Mah Jongg – Lana McKinzie, 665-5276, lanam@m3corporation.net

Do you know absolutely nothing about Mah Jongg? Then this is the class for you. We will start at the beginning; learn to recognize the tiles and the basic rules of the game. Come try it out, it's fun!

Class limit – 8

5 Sessions: February 5, 12, Rm B94, February 19, 26, Rm TBA, March 5, Rm A70, 11 – 12:30 PM

Experience – Lana has played Mah Jongg for several years and is an experienced teacher.

108S Opera 1 – Don Giovanni – Glenn Winters

A perennial candidate for “the greatest opera ever written”, this enduring masterpiece recounts the story of Don Juan, the legendary seducer of womankind, in a work combining sublime music, broad comedy, and penetrating understanding of human psychology. This course will prepare students for Virginia Opera's production with complete musical and dramatic analysis. Recommended for opera buffs and beginners alike.

1 Session: January 29, 3:00 – 5:00 PM, Lecture Hall

Experience – Community Outreach Musical Director of the Va. Opera, Dr. Winters received a Doctor of Music from Northwestern Univ. with experience teaching college level piano, operatic baritone performances and authoring an original educational opera, “History Alive!”

109S Ring Those Chimes! – Lana McKinzie, lanam@m3corporation.net

Do something different! Learn to ring chimes. No musical background required. All equipment provided. Just bring yourself and have some fun!

Class limit – 11

10 Sessions: February 5, 12, 19, 26, March 5, 19, 26, April 2, 9, 16, 9:30-11 AM, Rm B94

Experience – Lana has been ringing handbells for more than 20 years and directing handbell and chime choirs for 15 years. She currently directs The Graceful Ringers at Grace UMC in Parksley, and is the District Chair of the VA Eastern Shore for the American Guild of English Handbell Ringers.

110S Travel Talks – See the World Without Leaving the Shore

A series of talks from around the world. Enjoy the natural beauty and culture of different lands through words and pictures.

February 12 – New Zealand – Bill Scharf – wmasch@gmail.com

February 26 – British Isles Tour – Joyce Koch – 442-5624 joycekoch@verizon.net

March 5 – China: A High School Trip Experience – Michael Scharf

3 Sessions: See above, 3:00-4:30 PM, Rm B94

111S The Nature of the Shore – Learn more about this fantastic strip of land we call home. Presented by members of the Eastern Shore Chapter of Virginia Master Naturalists.

February 19 – Susan Mastyl – Living Shorelines: A Homeowner's Perspective – Many of us with property on the water face the issue of what to do to stabilize our shorelines from erosion, whether from tides, storms, or wakes. As sea levels rise, this will become an increasing concern for more of us. We'll explore the options available, including the newest development – living shorelines, which preserve the natural habitat of the wetlands and marshes while protecting the land in the face of rising waters.

February 26 – Donna Ware – Native Plants – Want to see more birds and butterflies in your yard? Come to this talk and learn how to make your yard more friendly to them and enjoy watching them year

round. This class will give you the basics for transforming your yard into a “Backyard Habitat” that supports wildlife, is environmentally friendly and cuts your costs for maintenance.

March 5 – Tony Picardi – Global Warming and Butterflies – This talk will focus on the accelerating global warming trend’s impact on North American butterflies and what we can do about it. Whether you live in a suburban neighborhood or on a farm, we will discuss the role for every one of us as part of the solution for accelerated warming and preserving biodiversity.

March 19 – Clyde Morris – Birds of the Eastern Shore – Why are so many people coming here to see our birds? What you can do to help.

April 16 – Joelle Buffa – Monarch Migration on the Eastern Shore – Did you know that the butterfly feeding on flowers in your yard may be an international traveler? Learn about the Eastern Shore’s role in the phenomenal migration of monarchs from their breeding sites in Canada and northeastern United States to their wintering grounds in Mexico.

5 Sessions: See above, 11:00 – 12:30 PM, Rm B94

112S Felted Booga Bag – Nancy Hershey, njhershey@yahoo.com

This great felted bag is simple to make and is a fun and functional bag. We will explore 2-color knitting to make it interesting and beautiful. Participants need to know how to knit and purl, cast on/off.

Materials: Size 10.5 circular needles, 330 yds of worsted weight wool (for small size). Free pattern

Class limit – 6

4 Sessions: WEDNESDAYS, March 3, 10, 17, 24, 1:00 – 3:00 PM

This class will meet at Purls Yarn Shop, 27 Market Street, Onancock.

Experience – I have taught grandchildren, friends and even my husband to knit.

113S 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 use a computer to develop photos and transfer them to a CD or memory stick.

Class limit – 12

6 Sessions: March 5, 19, 26, April 2, 9, 16, 1:00 – 2:30 PM, Rm A70

Experience – John Shire has been photographing for over 40 years and has shown his work in CT and NY galleries.

Charlie Ross has been photographing over 50 years, and shows his work on the Eastern Shore.

114S How Does Your Garden Grow? – Garden secrets from the experts presented by members of the Master Gardeners.

March 26 – Jack Humphreys – Pruning Trees and Shrubs – Spring is one of the best times for pruning trees and shrubs as they are dormant or just breaking dormancy. Jack is a Master Gardener who can guide you in the best way to prune your trees and shrubs for optimum plant health and beauty.

April 2 – Sharyn McQuaid – Mulching and Composting – Improve your soil and save yourself some trips to the dump. Mulching is a great way to reduce your weeding and watering requirements. Compost uses materials you would otherwise have to cart to the landfill to improve your soil structure and nourish your plants.

April 16 – Rita Hilton – Hypertufa – Make a durable rustic container for your garden. Hypertufa is sturdy and attractive. Bring rubber gloves. **This session meets at the Extension Center, Machipongo Middle School, next to the Barrier Island Center.**

3 Sessions: See above, 11:00 – 12:30 PM, Rm A70 (except April 16)

115S Opera II – Porgy and Bess – Glenn Winters

Far and away the most beloved of all American operas, Porgy and Bess remains as fresh and powerful today as it did at its 1935 premiere. Blending elements of Broadway, Tin Pan Alley and the opera house, the piece is a monument to the mercurial brilliance of George Gershwin. This course will prepare students for Virginia Opera's production with complete musical and dramatic analysis. Recommended for opera buffs and beginners alike.

1 Session: March 26, 3:00 – 5:00 PM, Lecture Hall

Experience – Community Outreach Musical Director of the Va. Opera, Dr. Winters received a Doctor of Music from Northwestern Univ. with experience teaching college level piano, operatic baritone performances and authoring an original educational opera, "History Alive!"

116S Introduction to Native American Flute – Alan Stanz, home:757-331-2824, work: 757-331-2760 x117, vetsax1@me.com

Learn how to play and enjoy this wonderfully expressive ancient instrument: the path to beauty and mystery. Relax the body, calm the mind and soothe the spirit.

Class limit – 15

4 Sessions: SATURDAYS, January 23, 30, February 6, 13, at 2:00 PM. This class will meet at the Eastern Shore National Wildlife Refuge Visitors Center (by the Bay Bridge-Tunnel)

117S Walks on the Wild Side: Master Naturalist Guided Nature Walks – Tony Picardi, 442-4481, picardi31@msn.com

The Eastern Shore Chapter of the Virginia Master Naturalists will be leading a series of four field trips to significant wildlife habitats on the Eastern Shore. The course will include an introductory organization session as well as an ecosystem review session supplemented with photos of the plants and animals we saw. Participants will identify the major habitats and the common native plants, birds, insects, and other wildlife that inhabit the Eastern Shore. Guides will explain some of the interesting ecological relationships among them and why they are important to us. The course schedule is as follows:

April 23, Friday, 11:00 am, Eastern Shore Community College, Rm A74, 11-12:30 PM

Introductory meeting to discuss location, directions, proper attire and equipment and to set expectations for what we will see and do on each walk.

April 28, WEDNESDAY, 9:00 am Cape Charles Natural Area Preserve

After investigating the pond (not part of the preserve) we will walk the boardwalk across the wetland and through the maritime forest to the edge of the dune at the Bayside. The focus will be on spring migrants, native trees and pond habitat.

May 5, WEDNESDAY, 9:00 am Eastern Shore of Virginia National Wildlife Refuge

Walk from the butterfly garden across emergent meadow to the top of the WWII gun embankments and overlook the marshes of the Virginia Inside Passage. Focus on the ecology of the salt marsh and the hidden treasure of the detritus ecosystem for migrating shore birds.

May 12, WEDNESDAY, 9:00 am Savage Neck Dunes Natural Area Preserve

Tall warm season grass meadows give way to maritime forest, sand dunes and Chesapeake beaches. We will observe plant succession and look for the endangered Eastern Shore tiger beetle.

May 19, WEDNESDAY, 9:00 AM Kiptopeke State Park

Participants will visit the bird banding station, the hawk observatory, and walk the backwoods trail looking for spring migrants. The boardwalk will bring us across the dunes to the beach to explore littoral life.

May 21, Friday, 11:00 am Eastern Shore Community College, Rm A74

Summary of the ecosystems and what we learned. Participants will present photos of the interesting plants and animals they have identified on the walks. Dr. Tony Picardi will present a photo show, "Butterflies In My Garden" and lead a discussion of what native plants we can plant on the Eastern shore to attract butterflies and birds.

All walks will be led by a team of Virginia Master Naturalists. Participants will meet at the walking site venue promptly at 9 am. Walks will end around 12 noon. Participants should bring appropriate clothing,

insect repellent, water, sun screen, binoculars, shoes, and field guides. Walks will be on graded trails, boardwalks and sand and will vary between one and two miles each. There will be no rain dates.

Class limit – 15

6 Sessions – see above

Experience – Dr. Picardi earned BS and MS degrees in Civil Engineering and a Doctor of Science degree in Social Environmental Systems from the Massachusetts Institute of Technology in Cambridge, Massachusetts. He retired in 2007 to the Eastern Shore of Virginia where he now creates wildlife habitats and maintains woodland trails on his farm. Dr. Picardi has lectured on warm season grass and wildflower meadows, global warming, backyard habitats, and the effects of global warming on Virginia butterflies to groups in Tidewater and the Eastern Shore. He leads birding and butterfly tours on his farm, is a tour leader at the Eastern Shore National Wildlife Refuge at Fisherman's Island, and is a certified Virginia Master Naturalist, Eastern Shore Chapter.

No classes from 11-1?

**Meet in the Student Lounge from 11:00 – 1:00 PM each Friday for
lunch and games (Bridge, Mah Jongg)**