



# THE ACADEMY FOR LIFETIME LEARNING (ALL) CLASSES

Spring, 2019 – February – May

- Academy for Lifetime Learning is an all-volunteer organization of men and women who share their interests and life experiences to provide a rich and varied menu of courses.
- Sign up for membership by paying the \$25 per semester enrollment fee. Members are free to choose as many courses as they like, but please read the schedules carefully as class schedules often overlap. Course listings are on the website: [www.allesva.org](http://www.allesva.org).
- Register early, as classes fill up quickly. You will be notified by e-mail that you are enrolled. You can sign up for a wait list in case a member drops out, so if you find you cannot attend, please let the instructor know so another member can take your place.
- You can register online at [www.allesva.org](http://www.allesva.org) or by mail.
- Any class fees assessed by the instructor are payable directly to the instructor.
- Thanks for your interest in the Academy for Lifetime Learning. Welcome

## ***Classes in the Community:***

Golf 101 and 102

Kayaking Day Trip Adventure

More Psychobabble with Peggy: Have a  
Happier Life

Model Railroad Scenery

Strategic Board Games

Theater: Let's Put on a Show!

## ***Classes at Eastern Shore Community College (ESCC):***

The American Civil War

Barrier Islands of VA's Eastern Shore:  
History & Ecology

Bite-Size Book Club

Building a Butterfly House

Finances: Understanding Investments –  
Mutual Funds and ETFs

Our Gingerbread Gems: Victorian Architecture  
on the Eastern Shore

Human Rights: UN Universal Declaration of  
Human Rights

Improv on the Spot!

Medicare Explained

Nature Photography Workshop

Beginning Photography: How to Use Your  
Camera

Machine Quilting/Sewing for Beginners

Read/Study Group: Doorways to the Heart  
of Wisdom

Under the Sea: The Biology and Ecology of Marine  
Organisms, pt. 2

Yoga for ALL

ESCC does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dean of Learning Resources, 29300 Lankford Hwy, Melfa, VA 23410; 757.789.1723.



## Academy for Lifetime Learning Classes in the Community

**LEARN ABOUT and PLAY GOLF: 101 and 102** Instructor: Alan Moore, PGA professional, amoore@pga.com

If you ever wanted to learn about the game of golf, here is a very affordable way to get into the game. A series of workshop/clinics, conducted at the Eastern Shore Yacht and Country Club (ESYCC), will cover both classroom and on-course instruction. Golf clubs will be made available for those who do not have their own. Although the golf club recently suffered the major loss of its clubhouse, all golfing activities are available and will continue.

The course is offered in two phases- Golf 101 and Golf 102. Each comprises six sessions. One can take the two courses in succession as one follows the other. This approach permits new golfers to decide whether golf is for them before having to commit to more than just the six sessions of Golf 101; it also permits those who may have some golf experience to pick up the game again by just joining the Golf 102 program.

Instruction, in no particular order, will cover: objectives of the game; basic rules and etiquette; equipment; proper club grip; proper set-up over the ball; golf club swings for drives, pitches, and chips. Instruction will go back and forth between the classroom, the driving range, the putting green, and eventually the course itself, and the order of things will partly depend on weather conditions. For any play on the course, carts will be provided. While using club facilities, participants are asked to observe the same club rules as members. Instruction will be in a relaxed atmosphere, the learning experience will be fun, and hopefully weather conditions favorable!

**Golf 101: Six Sessions**, Tuesdays and Thursdays, April 9, 11, 16, 18, 23, and 25, 10:30 - Noon

**Golf 102: Six Sessions**, Tuesdays and Thursdays, May 2, 7, 9, 14, 16, and 21, 10:30 - Noon

If the weather is too inclement to hold a session, rain-dates will be arranged with the participants.

Lunch service will be available at ESYCC following each session.

**Location:** Eastern Shore Yacht & Country Club, end of Country Club Road, Melfa, VA

**Class size:** Minimum, 4, Maximum, 10

**Cost:** \$89 for Golf 101 or Golf 102, payable at the first class. This includes use of the range for the course itself. Unlimited use of range during the six-week session is only \$20 more.

*ESYCC Personnel: Alan Moore is a certified Class A PGA instructor and will conduct the program.*

**KAYAKING DAY TRIP: Blackwater Paddling on Dividing Creek and Pocomoke River** Leaders: Ken and Sandy Schultz, ken@kenschultz.com

Paddlers of novice ability can enjoy a delightful day on Dividing Creek and the Pocomoke River. Learn river paddling; planning; paddling techniques; safe boat handling; and nature observation in a cypress-flanked blackwater river.

We will be paddling with the tide the entire way. There will be no whitewater or rapids, and half of the paddling will be done within the sheltered confines of Dividing Creek, a tributary of the Pocomoke River. The pace will be leisurely, and we expect to be on the water for three to four hours, returning to our starting point at the Winter Quarters boat launch (a 5-mile trip).

The highlight will be paddling through a scenic bald cypress-black gum swamp. These beautiful and tranquil tannin-stained waterways are home to an abundant array of wildlife and native plants, including many species of orchids and warblers.

**One Session:** Wednesday, May 15, 11:30 A.M. – 4:00 P.M., rain date, Thursday, May 16.

**Location:** Class will meet at Winter Quarters Boat Ramp 11:30 AM. The ramp is accessed off Winter Quarters Road (first right on northbound Rt. 13 after Lowe's in Pocomoke). We will unload boats and gear to be on the water as close to noon as possible. We will paddle up the Pocomoke River with the tide and then continue up Dividing Creek. We will take a snack break and then after the tide turns, we will paddle back to the Winter

Quarters ramp. Afterward, those who wish can gather locally for dinner and refreshments.

\* A general liability waiver form must be signed to participate.

\* The distance to be paddled is approximately 5 miles. While this is not a difficult outing for most individuals, if you have health issues, you should probably not participate. Please discuss concerns with leaders in advance.

\* Bring a kayak, borrow one from Ken and Sandy, or rent one in Snow Hill from Pocomoke River Canoe Company: [Pocomokerivercanoe.com](http://pocomokerivercanoe.com). Arrangements to transport your kayak can be made.

\* Participants must wear a life jacket (PFD) while paddling.

\* Wear appropriate outdoor clothing. Bring insect repellent, sunscreen, snacks, and water, and perhaps a camera and binoculars.

\* See Maryland State Parks website: <http://dnr.maryland.gov/publiclands/Pages/eastern/pocomokeriver.aspx>

**Class fees:** The class is free to ALL students. Rates for kayak or canoe rental is extra.

**Class size:** Maximum: 20

*Ken and Sandy will coordinate meeting locations, carpooling, post-paddling activities, and paddling equipment needs, and will contact participants by email before the trip. This is their ninth ALL kayaking trip. They've lead many paddling adventures locally, in New York, and Pennsylvania. Sandy is a co-creator and coordinator of The Delaware River Sojourn, an 80-100 person week-long paddling/camping journey now in its 25<sup>th</sup> year.*

**PSYCHOBABBLE WITH PEGGY: Have a Happier Life** Instructor: Peggy Swan, [peggywan@verizon.net](mailto:peggywan@verizon.net)

Using the book, *Choose the Life You Want*, by Tal Ben-Sharar, we will explore the ideas of positive psychology which may help us enjoy a happier life. Dr. Ben-Sharar is the Harvard professor who introduced the most popular course in the university's history.

**Four sessions:** Tuesdays, March 12, 19, 26, and April 2, 10:00 A.M.- noon

**Location:** Peggy's home near Onancock. Directions will be given to participants.

**Class size:** Maximum: 15, Minimum: 5

*Peggy Swan is a Licensed Professional Counselor and a Licensed Marriage and Family Counselor in Virginia. She enjoys learning about new ideas in psychology, particularly "positive psychology" and the effect of natural surroundings on our mental and physical well-being.*

**MODEL RAILROAD SCENERY MAKING** Instructor: Jan Siglin, [janjan92@hotmail.com](mailto:janjan92@hotmail.com)

This class will cover making scenery for model railroads, dioramas, or miniature realistic display units. It will cover base construction, landscaping using purchased or natural local materials, building structures (model RR sizes from N scale to G scale or Half-scale for miniaturists) and weathering these structures. The class will incorporate your design needs.

Participants can bring their own materials. Purchasing kits will be discussed in the first class, as well as where other materials can be found. The cost depends on what participants want for their project. Some materials (paint, plaster, foam, etc.) are available at the Train Station, but there is a materials fee of \$20 for non- SPOTS members.

**Eight Sessions:** Wednesdays, February 20, 27, March 6, 13, 20, 27, April 3 and 10 – 10:00 A.M. – Noon (Dates and times are flexible and can possibly be adjusted to suit your schedule.)

**Location:** Train Station in Onley

**Materials fee:** \$20 for non-members of SPOTS, the volunteer organization for the Onley Train Station.

**Class Limit:** Minimum 2, Maximum 6

*Jan Siglin has a degree in Art Education and a Master of Fine Arts degree. For many years she taught art in local high schools.*

**STRATEGIC BOARD GAMES** Game Facilitator: Carol Stowell, [stowcn@gmail.com](mailto:stowcn@gmail.com)

This class will provide the participants an opportunity to learn new strategic games different from the class board games, such as, Parcheesi, Monopoly, Risk, or Trivial Pursuit. The games to be played are internationally recognized award-winning games, such as, Settlers of Catan, Ticket to Ride, Elfendland, Carcassonne, Dominion (which is technically a card game). Board games are an excellent way to socialize and to tickle the grey matter.

**Eight Sessions:** Wednesdays March 6, 13, 20, 27, April 3, 10, 17, and 24, 1:00 – 4:00 P.M.

**Location:** Carol Stowell's home in Atlantic, VA. Directions will be sent to class participants prior to class.

**Class Size:** Minimum: 2, Maximum: 12

*Carole has been a lifelong lover of board games. She has played and acquired strategy games, offered in this course, that have been played and enjoyed in American embassies and consulates over Europe.*

**THEATRE: Let's Put on a Show** Instructor: Terry Bliss [northstreetplayhouse@verizon.net](mailto:northstreetplayhouse@verizon.net)

In this class students will participate in creating scenes, both as actors and directors, exploring the roles/jobs each has in the overall production process. They will work from a variety of scripts. No experience – or memorization – necessary!

**Five Sessions:** Wednesdays, March 13, 20, 27, April 3, and 10, 3:30 – 5:00 P.M.

**Location:** The North Street Playhouse, 34 Market St, Onancock

**Class size:** maximum 10, minimum 5

*Terry Bliss is the founder and has been the artistic director of the North Street Playhouse since 1986. She is an actor, director, and producer. Terry Bliss has taught previous theatre courses through ALL and ESCC.*

### CLASSES AT EASTERN SHORE COMMUNITY COLLEGE

(Classes at ESCC limited to 25 participants unless otherwise noted.)

**THE AMERICAN CIVIL WAR** Instructor: Bob Quigley, [rdquigley@baycrk.net](mailto:rdquigley@baycrk.net)

This class will be primarily a military history of the American Civil War. It will also include some of the political context the war took place in, the weapons, tactics, and attitudes of the time, as well as the cast of characters.

**Six Sessions:** Fridays, March 29, April 5, 12, 19, 26, and May 3, 2:00 – 3:30 P.M.

**Class Size:** Minimum: 10, Maximum: 20

*A former radio talk show host, Bob Quigley has been a student of the Civil War for 60 years and has presented courses similar to this for other groups over the years. Although not professionally trained as a historian, he has earned the respect of professionals in the field as the author of the book Civil War Spoken Here: A Dictionary of Mispronounced People, Places, and Things of the 1860's.*

**BARRIER ISLANDS OF VIRGINIA'S EASTERN SHORE: HISTORY AND ECOLOGY** – Instructor Rick Kellam, [barrierislands1@gmail.com](mailto:barrierislands1@gmail.com)

The barrier islands have played a unique part in the history and ecology of Virginia's Eastern Shore. Learn about the history, culture, and stories of the residents of the islands. The course will incorporate guest speakers and welcome students' artifacts and personal stories about the lore of the barrier islands.

**Six Sessions:** Fridays, February 15, 22, March 1, 8, 15, and 22 - 3:30 – 5:00 P.M. (**NOTE:** Feb. 22 class will be held at the Barrier Islands Center from 2:30 – 4:00 P.M.)

*Rick Kellam is a fifth-generation Hog Islander. His career has always been connected to the water; he has been a waterman, a marine policeman, and a staff member at The Nature Conservancy. He is the only Certified Waterman's Heritage Tour Guide on the Shore and the author of two books and many articles. He owns Broadwater Bay Ecotours.*

**BITE-SIZE BOOK CLUB** - Instructor: Sherry Burns, [gmb47@verizon.net](mailto:gmb47@verizon.net)

Join in the camaraderie of a book club with manageable reading goals. Read and discuss a variety of short stories each week. This semester the book is *The Big Book of Female Detectives*, edited by Otto Penzler. It is quite all-encompassing, beginning with great female authors from the Victorian age through present day and has a wide-ranging variety of mysteries. There are so many stories that it can be used for more than one semester of Bite Size Book Club. It is available at The Book Bin in Onley at a 15% discount for Book Club participants. (It retails for \$25, but with the discount and including tax it is under \$23.)

**Six sessions:** Fridays, March 1, 8, 15, 22, 29, and April 5 - 11:00 A.M. - 12:30 P.M.

*Sherry Burns is an avid reader, sometimes writer, and a grateful Eastern Shore retiree.*

**BUILDING A BUTTERFLY HOUSE** Instructor: Laurice Hohlt, hehohlt@verizon.net

Learn to hatch butterflies from egg to caterpillar to chrysalis to glorious butterfly. Laurice Hohlt will demonstrate how to build a butterfly hatching house and all the steps to hatching your own Monarch and Black Swallowtail Butterflies.

**One Session:** Friday, April 26, 9:00 – 10:30 A.M.

*Laurice Hohlt has been hatching butterflies for many years. She has taught her methods several times and has been able to show how easy it is.*

**FINANCES: UNDERSTANDING INVESTMENTS: Mutual Funds and ETFs** Instructor: John Fiege, CFP®, john@johnfiege.com

John Fiege will review how mutual funds and ETFs work along with their pros and cons. He will include a question and answer period on any financial planning questions you might have, no matter the topic.

**One Session:** Friday, May 3, 9:00 - 10:30 A.M.

*John Fiege is a NAPFA-registered, CERTIFIED FINANCIAL PLANNER™ and a registered member of NAPFA, which is the group for fee-only advisors. He is active in the Eastern Shore community.*

**OUR GINGERBREAD GEMS: Victorian Architecture on the Eastern Shore** Catherine Tignor

[CathyTignor@gmail.com](mailto:CathyTignor@gmail.com)

This will be a discussion of the many types of Victorian homes on the Shore and the features such as gingerbread and porches that define them

**One Session:** Friday, March 15, 9:00 – 10:30 A.M.

*Cathy Tignor has been a Realtor on the Shore for thirty years. She taught real estate courses at ESCC for many years and lectures to other Realtors on the architecture of the Shore.*

**HUMAN RIGHTS: United Nations Universal Declaration of Human Rights** Instructor: Anne Herdt  
anneherdt@gmail.com

The Universal Declaration of Human Rights was adopted by the United Nations in 1948. While the resolutions are not binding, they have been the basis for treaties, human rights documents, national constitutions and other laws. Anne Herdt will present information on the origins and meaning of the document. Students will be encouraged to discuss the personal and global implications of human rights.

**Four Sessions:** Fridays, April 5, 12, 19, and 26, 9:00 – 10:30 A.M.

*Anne Herdt represented a non-governmental organization at the United Nations in Geneva for 30 years. She was an active participant in the planning of the NGO Forums in Nairobi and in Beijing.*

**IMPROV ON THE SPOT!** Instructor: Karen Hatch [bongowania@gmail.com](mailto:bongowania@gmail.com)

This class is all about having fun and making things up on the spot! We'll be guided to easily improvise and create art, using movement, stillness, storytelling, and voice using a myriad of configurations. Expect to laugh, relax, and marvel at yourself and the natural body wisdom you have. No experience necessary.

**Four Sessions:** Fridays, March 8, 15, 22, and 29, 2:00 – 3:30 P.M.

**Class Size:** Minimum: 10

**Note:** Students should wear loose, comfortable clothing, such as gym clothes.

*Karen Hatch has been leading improv classes for two years as a Certified InterPlay leader, and has been affiliated with this international organization for seven years as a student and participant. She belongs to core groups in Washington, DC and North Carolina. [www.interplay.org](http://www.interplay.org). She is currently a student at Eastern Mennonite University and loves to “play” with people of all ages.*

**MEDICARE EXPLAINED** – Jan Andrejco, [riandreico@gmail.com](mailto:riandreico@gmail.com)

Whether you are transitioning to Medicare this year, helping someone with Medicare decisions, or are already on Medicare, you will find something helpful in this seminar. Session one: there will be a clear explanation of Medicare insurance terms; the Supplement choices that are available to you; and knowing how to find the most economical policy for YOU. Session two: Jan will offer individual times to meet and help you understand what policies you have and/or to help you figure out what you really want. There will be no promotion of any insurance at either session.

**Two Sessions (with Session two optional)**

**Session One:** Friday, March 1, 12:30 – 2:30 P.M.

**Session Two:** Friday, March 8, optional and at individually scheduled times.

**Class Size:** Minimum: 5

*Jan Andrejco has been working her way through the Medicare maze for eight years when she started helping her mother. She is not an insurance agent, and there will be NO promotion of any insurance products.*

**NATURE PHOTOGRAPHY WORKSHOP** Instructor: George Budd, [jgbudd@yahoo.com](mailto:jgbudd@yahoo.com)

The class will present approaches for landscape and wildlife photography. It is best suited to those who use a DSLR or a mirrorless camera. Advanced photographic methods will be presented, including shooting in manual modes and photographing birds in flight. Some information to be presented will be updated from previous classes.

**Four Classroom Sessions at ESCC:** Fridays, March 1, 8, (no class on March 15), 22 and 29, 9:00 – 10:30 A.M.

**One Field Trip:** Tuesday, April 2, Chincoteague National Wildlife Preserve, time TBA

**Materials:** Bring a camera.

*George Budd is a local nature photographer who also teaches nature photography. He makes frequent presentations on the subject and sells his work locally in the form of prints and greeting cards.*

**BEGINNING PHOTOGRAPHY: Get To Know Your Camera** Instructors: Helen Putre [hputre2@gmail.com](mailto:hputre2@gmail.com) and Susan Quigley [suzyq@baycrk.net](mailto:suzyq@baycrk.net)

This hands-on course is for you if you’ve figured out how to turn on your camera, but after that, things get murky. We’ll take some of the mystery out of those daunting buttons and dials and help you learn to use the menu (“My camera has a menu? I didn’t even know it served food!”). We’ll also share a few tips on how to take better photographs and introduce you to some of the many help resources that are available. **Please note:** The course is intended to teach you how to use your digital camera, but it will not cover cell phone or film photography.

**Four Sessions:** Fridays, April 26, May 3, (no class on May 10), 17, and 24, 11:00 A.M. – 12:30 P.M.

**Class size:** Maximum: 8, Minimum: 3

*Helen Putre has little formal training in photography, but she’s been playing with cameras since she was a teenager. She really began to be serious about photography several years ago when she inherited a fancy DSLR and didn’t know how to use it. She currently shoots with a Fuji mirrorless. Helen doesn’t claim to be an expert, but she enjoys sharing what she’s learned and helping others to expand their own photographic horizons.*

*Susan Quigley was a public-school art teacher in Connecticut and has been taking pictures for more than thirty years, with some formal photographic education and lots of practical experience. She loves to share and help with the technical and the art portions of photography.*

**BEGINNING MACHINE QUILTING/BEGINNING SEWING** Instructor: Kris T. Califano Hebert,  
[Krist29@comcast.net](mailto:Krist29@comcast.net)

This class will introduce you to the basics of quilting and sewing. You'll learn rotary cutting, the perfect ¼" seam for machine piecing; calculating and adding borders; basting the layers together; machine quilting; and finally binding the quilt. Participants will have the choice of a smaller baby quilt or a larger lap size quilt. Students will need a working, portable sewing machine to bring to class. (A limited number of machines are available for rent during class time only, \$10 for the session. A home machine is required as there will be homework in order to finish the quilt.)

Supply list will be provided upon registration. (Supplies needed will include a 45mm rotary cutter, cutting mat at least 18" x 24", and a 6" x 24" quilting ruler, fabrics, thread, and batting.)

**Five Sessions:** Fridays, March 8, 15, 22, 29, and April 5, 9:00 A.M. – 12:30 P.M.

**Materials fee:** \$10, which includes pattern and fabrics for samples.

**Class Size:** Maximum: 12, Minimum: 4

*Kris T. Califano Hebert has been sewing for almost 50 years, quilting for 27. She has a degree from Florida State University in Fashion Design and Merchandising and also a Teaching Certificate in Human Sciences. Kris has been teaching sewing and quilting in Florida since 1988, ten of those years in her own store, The Quilting Patch, with three locations in Tallahassee and Jacksonville. Recently Kris relocated to the Eastern Shore and would like to continue sharing her love of sewing and quilting.*

**READ/STUDY GROUP: Doorways to the Heart of Wisdom:** Facilitator: Linda Lang, 757-442-4064,  
[lindalang@theopen-door.com](mailto:lindalang@theopen-door.com) [www.TherapeuticYogaDC.com](http://www.TherapeuticYogaDC.com)

This will be an on-going study group with inspired conversation on themes of compassion, healing and boundless life. Books will be provided on loan and students will be requested to bring in their own favorite, relevant books and readings. Gentle yoga and meditation practice will be included.

**Four Sessions:** Fridays, March 15, 22, April 19 at ESCC, and May 10 at Linda's home near Belle Haven - 1:00 – 2:30 P.M. Directions to Linda's home will be given to participants after registration.

**Materials:** To be distributed and discussed during the first session.

*Linda Lang designed and conducted the Smithsonian Yoga Symposia in 2014, 2017, and March 9, 2019: she is a member of the Advisory Council for the International Association of Yoga Therapists*

**UNDER THE SEA: The Biology and Ecology of Marine Organisms, Part 2** Instructor: Edward O. Murdy,  
[eomurdy@yahoo.com](mailto:eomurdy@yahoo.com)

This class will study the relationships between organisms and physical-chemical-biological factors of the marine environment, from open-ocean to coastal and estuarine ecosystems. Special consideration will be given to the biota of the Chesapeake Bay when applicable. In the four classes the participants we will discuss: Seagrass and kelp communities; Coral reefs; The deep sea; Productivity of the oceans; Climate change; Biodiversity; Fisheries and food from the sea; Marine conservation. **Students need not have taken Part 1 of Ed Murdy's Under the Sea class.**

**Four Sessions:** Fridays, March 1, 8, 15, (no class on March 22), and 29, 2:00 – 3:30 P.M.

**Materials:** A curious mind!

*Ed Murdy received a B.S. and a M.S. in Biology from Old Dominion University and a Ph.D. in Wildlife and Fisheries Sciences from Texas A&M University. He has 50 scientific publications, including four books, two of which deal with fishes of the Chesapeake Bay. He taught Marine Biology at George Washington University from 2009-2016.*

**YOGA for ALL** Instructor: Toni Noreika, [2msgulch@gmail.com](mailto:2msgulch@gmail.com)

Are you new to Yoga? Or a seasoned Yogi? This class is for ALL! Anyone and everyone can do Yoga. Join us for a four-week series to explore Yoga postures and breathing techniques to bring strength, flexibility, and balance to body and mind. Each class will include a little Yogic philosophy and a period of stillness and deep relaxation. Come on out and celebrate Spring!

**Four Sessions:** Fridays, March 29, April 5, 12, and 19, 11:00 A.M. – 12:30 P.M.

**Class Size:** Maximum: 10

**Materials:** a yoga mat or large towel. Wear loose, comfortable clothing.

*Toni Noreika has been a student of Yoga for 20 years. She is Yoga Alliance registered Yoga teacher, a Reiki Master, an avid gardener, wannabe farmer, and enthusiastic cook. She moved to the Shore upon retiring from the Virginia Department of Forestry.*