



## ACADEMY FOR LIFETIME LEARNING COURSE DESCRIPTIONS, FALL 2019

### ART AND PHOTOGRAPHY

#### ART CLASS: DETERMINING POINT OF VIEW IN YOUR ART

Instructor: Susan McGuire, [susan.mcguire1@icloud.com](mailto:susan.mcguire1@icloud.com)

For any form of art, point of view is an important consideration. It means simply how you are looking at something, where are you in relationship to your subject. The clearest example is a landscape. You can paint it from the ground or a mountain top or from an airplane. That choice alone will greatly influence the outcome of your drawing and/or painting. The instructor will supply a view finder and a collection of items for students to arrange in a pleasing composition. The class can also step outside weather permitting and make point of view decisions and draw.

**One Session:** Friday, September 20, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Materials Needed:** A sketchbook, a number two pencil, and an eraser will be needed.

**Class Size:** Maximum 12

*Susan McGuire has 25 years of experience working as an artist. She has taught Beginning Watercolor for A.L.L. several times.*

#### ART CLASS: CREATE ART WITH A DECK OF CARDS

Instructor: Carol Barylski, [brylfam@gmail.com](mailto:brylfam@gmail.com)

Artists trading cards are tiny works of art that measure 2.5 by 3.5 inches. Using a playing card is the perfect way to get started and works great as a base because of the firm paper. Use your creative energy and imagination to turn the ordinary playing card into a miniature masterpiece. Cut, tear, glue, stamp, and paint to make these little cards look fantastic.

**Two Sessions:** September 27 and October 4, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Materials Needed:** Supplies can be found at your home or at a dollar store.

- A deck of cards
- Scissors
- Old magazines

The following are optional but the more items you bring the more choices you have!

- Needle and threads
- Craft gemstones
- Twine
- Old stamps
- Scrapbook paper

**Class Size:** Minimum 5; Maximum 12

*Carol Barylski says, "Being an Art Teacher for 35 years has taught me that creativity can be inspired using the simplest of materials!"*

**ART CLASS: SURREALISTIC GAMES**

Instructor: Barry Groves, [cbgroves2001@gmail.com](mailto:cbgroves2001@gmail.com)

“Surrealism ... uses numerous techniques and games to provide inspiration. Many of these are said to free imagination by producing a creative process free of conscious control. The importance of the unconscious as a source of inspiration is central to the nature of surrealism.” (Wikipedia) The class will explore one or two of these games involving multiple players. Warning: Your own artwork will be altered by the other players.

**One Session:** Friday, October 11, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Please Bring:** Your favorite drawing/painting tools and paper

**Class Size:** Minimum 2; Maximum 10

*Mr. Groves has been learning to draw. He currently teaches Jazz Improvisation at ESO.*

**ART CLASS: DRAWING/WORKING WITH TONAL STUDIES**

Instructor: Eileen Weber, [eileenweber29@comcast.net](mailto:eileenweber29@comcast.net)

In this class the students will make tonal studies using whatever medium they bring. It can be charcoal, graphite pencils, watercolor, etc. The instructor will have a simple still life set up on which the students can practice and apply using their tonal studies. They will learn to think more in values while drawing.

**One Session:** Friday, October 18, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 15

*Eileen Weber has been painting for years and studied art with renowned Connecticut artist Frank Bruckman. Art lessons with Frank included studio painting, plein air painting, painting the masters, and visiting museums. Eileen found her way to the Shore in 2003 and has enjoyed painting the rural landscapes and deserted old homes. She is a member of the Eastern Shore Art League. Her art can be seen at The Red Queen Gallery in Onancock, the Historic Onancock School, and at the Lemon Tree Gallery in Cape Charles.*

**MAT YOUR ART THE PROFESSIONAL WAY**

Instructor: Suzy Quigley, [suzy2@baycrk.net](mailto:suzy2@baycrk.net)

Using precut Mat Kits, students will mount and mat an 8" x 10" photograph or other print using the method used by framers. Students will supply the print they wish to mat; the instructor will bring the precut mats and other equipment needed.

Learn to do it the right way.

**One Session:** October 25, 2:00 – 3:30 P.M.

**Location:** Eastern Shore Community College

**Please Bring:** an 8" x 10" photograph or other print to mat

**Materials Fee:** \$5 payable to instructor on the day of class

**Class Size:** Maximum 10

*Suzy Quigley has an MS in Art Education and thirty odd years of teaching art in public school. For many years she has been a Fine Art Photographer who does her own printing and matting.*

**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.

**Six Sessions:** Wednesdays, October 2, 9, 16, 23, 30, and November 6, 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 Size:** 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.*

### **PHOTOGRAPHY: BEGINNING PHOTOGRAPHY: Getting to Know Your Camera**

*Instructors: Helen Putre, [hputre2@gmail.com](mailto:hputre2@gmail.com) and Suzy 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 them and the menu to get a properly exposed, well-focused photograph. 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; it will not cover cell phone or film photography.

**Four Sessions:** Fridays, October 25, November 1, 8, 15, and 22, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Please Bring:** a digital camera

**Class Size:** Minimum 3; Maximum 12

*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 doesn't claim to be an expert, but she enjoys sharing what she's learned and helping others to expand their own photographic horizons.*

*Suzy 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.*

### **PHOTOGRAPHY: THE ART OF SEEING IN PHOTOGRAPHY**

*Instructors: John Shire, [jeshire@verizon.net](mailto:jeshire@verizon.net) and Charlie Ross, [bc4evr@verizon.net](mailto:bc4evr@verizon.net)*

Learn to see with your camera. Understand the role of light and shadow and the art of composition, among other important photographic basics. Students email their photographs to the instructors and discuss them in class. A digital camera of any type is required.

**Six Sessions:** September 13, 20, 27, October 4, 11, and 18, 2:00 – 3:30 P.M. **NOTE:** *The first session is mandatory for new participants.*

**Location:** Eastern Shore Community College

**Materials needed:** a digital camera of any type

**Class Size:** Minimum 6; Maximum 12

*Charlie Ross has been a photographer for more than 50 years. His work is exhibited in galleries on the Eastern Shore, in Newport News, in Frederick, MD, and on his web site, [www.therossgallery.com](http://www.therossgallery.com). His work is also on display at Riverside Shore Memorial Hospital in Onley and in the Riverside Hospital in Hampton.*

*John Shire has over 50 years of photographic experience. He is published and has shown his photographs in New York and Connecticut galleries as well as on his web site, [www.johnshirephotography.com](http://www.johnshirephotography.com).*

### **PHOTOGRAPHY: 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 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:** Fridays, November 1, 8, 15, and 22, 9:00 – 10:30 A.M.

**One Field Trip:** November 20, time to be determined

**Location:** Eastern Shore Community College. Field trip location to be determined.

**Materials:** Bring a camera

**Class Size:** Maximum 25

*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.*

### **GREAT OUTDOORS**

#### **GOLF LESSONS: LEARN ABOUT and PLAY GOLF: 101 and 102**

*Instructor: Alan Moore, PGA professional, [amoore@pga.com](mailto: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 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, September 3, 5, 10, 12, 17, and 19, 10:30 – Noon

**Golf 102: Six Sessions:** Tuesdays and Thursdays, October 1, 3, 8, 10, 15, and 17, 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 and Country Club, end of Country Club Road, Melfa, VA

**Materials Fee:** \$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.

**Class Size:** Minimum 4; Maximum 10

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

## **KAYAKING DAY TRIP:** Blackwater Paddling on Nassawango Creek and Pocomoke River

Leaders: Ken and Sandy Schultz, [ken@kenschultz.com](mailto:ken@kenschultz.com)

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

We will be paddling on high tide or with the tide almost the entire way. There will be no whitewater or rapids, and half of the paddling will be done within the very sheltered confines of Nassawango Creek. The pace will be leisurely and we expect to be on the water for three to four hours, ending up at Shad Landing.

The highlight will be paddling through the scenic Nassawango bald cypress-black gum swamp. Nassawango is home to an abundant array of wildlife and native plants, including many species of orchids and warblers. This tannin-stained waterway is steeped in early American history and is a most beautiful and tranquil place.

On Sept. 25, high tide (at Snow Hill) will be at 1:50 PM. High tide on our rain date, Sept. 26, will be at 2:40 PM, and we may adjust the schedule accordingly.

**One Session:** Wednesday, Sept. 25 (rain date of Thursday, Sept. 26), 11:00 A.M. to approximately 4:00 P.M.

**Location:** Meet at 11:00 A.M. at Pocomoke River State Park, Shad Landing, 3.5 miles south of Snow Hill, MD, off Rt. 113. We will shuttle to the put-in spot on Nassawango Creek. We'll be on the water as close to noon as possible and will paddle one way back to Shad Landing. Afterward, those who wish can gather locally for dinner and refreshments.

### **Notes:**

\* 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 probably should not participate.

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

\* 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.asp>

\* Ken and Sandy will coordinate meeting locations, carpooling, post-paddling activities, and paddling equipment needs, and will contact participants by email once the class list is confirmed.

**Class Fee:** Class is free. Rates for kayak or canoe rental extra.

**Class Size:** Maximum 25

*This will be Ken and Sandy Schultz's tenth A.L.L. kayaking trip. They've lead many paddling adventures locally as well as in New York and Pennsylvania. Sandy is the co-creator and coordinator of The Delaware River Sojourn, an 80-100 person week-long paddling/camping journey now in its 25th year.*

## **A WALK THROUGH A CYPRESS SWAMP FOREST**

Instructor: Matt Cormons, [mattcormons@gmail.com](mailto:mattcormons@gmail.com)

The walk will be along the boardwalk of the Discovery Nature Trail to see what plants are found along the river and in this unique northernmost cypress swamp, as well as observe it's wildlife, including active signs of beaver, red-bellied turtles, and various birds passing through (the prothonotary warbler is a local nester).

Various flowers bloom throughout the season, including Turk's cap lily, crossvine, sweet pepper bush, and lots more; although most blooms are gone by September, the plants are still there to identify.

**One Session:** Thursday, Sept. 26, 10:00 A.M. – about Noon

**Location:** Meet in the parking lot of Cypress Park. (Take the main street through Pocomoke and park in Pocomoke's Cypress Park parking lot on the right just before the bridge over the Pocomoke River.)

**Materials and Fees:** There are no fees for the walk, and no special materials are required, though binoculars are encouraged. Consider bringing a pen and notebook, and perhaps a camera, to record what we see. At least a notebook would be appreciated by the instructor, who likes to teach interested attendees, not just

entertain. Mosquitos have not been a problem, and use of repellent and other artificial scents would ruin the experience of enjoying any natural scents of the area.

**Other Notes:** Choice of clothing depends on the weather (wet feet are a possibility). The walk will last about two hours (longer if interest is strong), so bring water and a healthy snack. Anyone may leave earlier if time is a factor.

**Class Size:** Minimum 5; Maximum 12. Anyone who signs up is expected to contact Matt a week prior to the class if plans change (phone: 757-665-4698; email: mattcormons@gmail.com).

*Matt has led many nature walks on the Eastern Shore and elsewhere. He is a zoologist/botanist and has a master's degree in ethology (natural animal behavior).*

## LITERARY PASTIMES

### 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 has a wide-ranging variety of mysteries. This book was used in last semester's Bite Size Book Club, but this semester we will read different stories. If you missed last semester, come join in the fun for this one! The book is available at The Book Bin in Onley at a 15% discount for Book Club.

**Six Sessions:** Fridays, September 20, 27, October 4, 11, 18, and 25, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Materials:** *The Big Book of Female Detectives*

**Class Size:** Maximum 25

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

### CREATIVE WRITING: Finding Your Own Voice

*Instructor: Scott Whittaker, [esteph20@gmail.com](mailto:esteph20@gmail.com)*

Students will read poems and short plays, analyzing for content and technique. Students will compose original works. Students will critique each other's works for content and technique. Prompts will be provided but will not be required. Students are encouraged to go on their nerve with regard to the work they will compose.

**Eight Sessions:** Thursdays, Sept. 13 through Nov. 15, 4:30 – 5:30 P.M.

**Location:** Eastern Shore Community College

**Materials Needed:** a highlighter, writing utensils, a notebook, and a positive attitude

**Class Size:** Maximum 15

*Stephen Scott Whittaker is a member of National Book Critics Circle and literary review editor for The Broadkill Review. His poetry, fiction, and essays have appeared in dozens of publications. His previous chapbooks include the steampunk inspired The Black Narrows, Field Recordings, and The Barleyhouse Letters. Whittaker teaches theater, literature, and psychology in rural Maryland. In 2004 he was the recipient of an NEA grant to adapt Romeo & Juliet into a rock musical. He lives on the Eastern Shore of Virginia with his family. He blogs on occasion at <http://fieldrecord.blogspot.com/>.*

### WRITING YOUR MEMOIRS

*Instructor: Karen Gravelle, [karengravelle@msn.com](mailto:karengravelle@msn.com)*

Class discussion will include tips on getting started, how to decide what to include, how to handle touchy subjects, and what to do with the memoir when it's finished. Participants will be given a suggested topic to write about each week, and those who wish will share what they have written during the following week's class.

**Seven Sessions:** Fridays, September 13, 20, 27, October 4, 11, 18, and 25, 9:00 – 10:30 A.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 15

*Karen Gravelle has written over 20 books, including several award-winning books for middle grade children and adolescents.*

## **POETRY: BEGINNING POETRY WRITING WORKSHOP**

*Instructor: Lisa Cannon, [lwcannon49@gmail.com](mailto:lwcannon49@gmail.com)*

Have you ever wanted to write poetry? In this workshop series we will look at examples of traditional and modern poetry for insight and inspiration, then experiment with writing our own. I will offer several patterns and formats for writing a poem, as well as guided exercises to help get started. You will have several rough pieces by the end!

**Four Sessions:** October 11, 18, 25, and November 1, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Minimum 3; Maximum 10

*Lisa Cannon has been reading and writing poetry all her life as a teacher, professional writer, and student of life that we all are.*

## **MIND CANDY**

### **CURRENT EVENTS: WHAT IN THE WORLD?**

*Moderator: Kim Miles, [kmmiles01@gmail.com](mailto:kmmiles01@gmail.com)*

This will be a discussion of events in the news by participants sharing views on politics, policies, social and cultural happenings, or what is going on. Participants may bring or suggest topics to discuss, or not. Different views are appreciated, civil discourse is encouraged; hopefully, participants will learn different perspectives, to respect and appreciate different points of view, and to see various sides of arguments. Humor appreciated!

**Four Sessions:** Fridays, September 20, October 25, and November 1 and 8, 9:00 – 10:30 A.M.

**Location:** Eastern Shore Community College

**Materials Required:** A good mind (purchase at any library)

**Class Size:** Minimum 6

*Your moderator is cursed with seeing various sides of arguments and playing devil's advocate when necessary. Also, he sees too many issues he cannot resolve, so he needs your help.*

## **EASTERN SHORE HISTORY**

*Instructor: Dennis Custis, [denniscustis@gmail.com](mailto:denniscustis@gmail.com)*

In this course we will discuss the role the Eastern Shore has played in the history of our state and country, as to the nation.

**Four Sessions:** Fridays, September 27, October 4, 11, and 18, 9:00 – 10:30 A.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 25

*Dennis Custis is an Eastern Shore native with a unique perspective on local history. He has taught in the Accomack County school system and given numerous lectures on local history.*

### **MARITIME HISTORY OF THE EASTERN SHORE**

*Instructor: Theodore Corbett, [tcorbett113@gmail.com](mailto:tcorbett113@gmail.com)*

Each of the six sessions will have a PowerPoint presentation and readings from the past, which students will interpret. From the standpoint of Maryland's and Virginia's Eastern Shore, topics covered will be environment, trade, pirates, Royal Navy, watermen, and privateers.

**Six Sessions:** Fridays, September 13, 20, 27, October 4, 11, and 18, 2:00 – 3:30 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 25

*Dr. Corbett holds a PhD in history. He has published ten history books and taught this course at Salisbury University.*

### **MEDICARE EXPLAINED**

*Instructor: Jan Andrejco, [rjandrejco@gmail.com](mailto:rjandrejco@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 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, October 11, 12:30 – 2:00 P.M.

**Session Two:** Friday, October 18, optional and at individually scheduled times.

**Location:** Eastern Shore Community College

**Class Size:** Minimum 5; Maximum 25

*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.*

### **PSYCHOBABBLE WITH PEGGY: Coping with Anger and Resentment**

*Instructor: Peggy Swan, [peggysswan@verizon.net](mailto:peggysswan@verizon.net)*

Participants will learn their triggers to anger and resentment. They will learn strategies to cope with these emotions from discussions and role plays.

**Four Sessions:** Tuesdays, October 1, 8, 15, and 22, 10:00 A.M. – Noon

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

**Class Size:** Minimum 8; Maximum 5

*Peggy Swan is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Virginia. She has been practicing since 1990.*

### **STRATEGIC BOARD GAMES**

*Facilitator: James Long, [jim.ws@longfamily.ws](mailto:jim.ws@longfamily.ws) and Assistant Facilitator Carole Stowell, [stowcn@gmail.com](mailto:stowcn@gmail.com)*

Learn to play strategic competitive game such as *Catan*, *Stone Age*, *Acquire*, *Ticket to Ride*, *Carcassonne*, and *Dominion*. These are friendly competitive games at the table that require strategic thinking to win.

**Eight Sessions:** Wednesdays, September 11, 18, 25, October 2, 9, 16, 23, and 30, 1:00 – 4:00 P.M.

**Location:** Jim Long's home near Machipongo

**Class Size:** Minimum 3; Maximum 8

*Both Jim and Carole have played competitive board games for many, many years. Carole has played and acquired strategy games, many offered in this course, that have been played and enjoyed in American embassies and consulates over Europe.*

### **TRAVEL TALKS: By Sea to Southern France and Back**

*Instructor:* Tony Picardi, [Anthony\\_picardi@alum.mit.edu](mailto:Anthony_picardi@alum.mit.edu)

Travel via the *Queen Mary II* to Southampton, England, and by Eurostar, TGV trains, and chauffeured cars to Southern France, returning by train and ocean liner. This talk describes the experience of crossing the North Atlantic aboard a luxury ocean liner in force 11 storms. The adventure is continued by train and car to explore vineyards in Bordeaux, the prehistoric caves in Dordogne, the medieval cities of Carcassonne and Avignon, and finally the perfume capital of Grasse.

**One Session:** Friday, December 6, 11:00 A.M. – 12:30 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 25

*Tony and Shirley Picardi moved to the Eastern Shore in 2004 and decided to celebrate their 50 years of marriage with a private tour of southern France which did not include air travel. Tony Picardi has presented travel talks and seminars for The Academy for Lifetime Learning and the Science and Philosophy Society for the past 12 years on subjects such as national parks, Eastern Shore natural history, politics, and global warming. He has led nature walks at Eastern Shore preserves and on his farm.*

### **UNDER THE SEA: The Biology and Ecology of Marine Organisms, Part 3**

*Instructor:* Edward O. Murdy, [eomurdy@yahoo.com](mailto:eomurdy@yahoo.com)

This course will cover the study of 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. In the four classes this fall, we will be discussing: ocean realms; earth structures; plate tectonics; seawater properties; atmospheric and oceanic circulation; waves and tides; biological concepts; plankton; nekton (fishes and cephalopods); nekton (birds, reptiles, and mammals); factors in plankton abundance; seaweeds, sea grasses, and benthic microorganisms; the diversity of benthic invertebrates (sponges-tunicates); benthic life habits; intertidal communities; seagrass communities; coral reefs; and the deep sea.

Students need not have taken Part 1 or Part 2 of Ed Murdy's Under the Sea classes. This class includes new material.

**Four Sessions:** Fridays, September 13, 20, 27, and October 4, 12:30 – 2:00 P.M.

**Location:** Eastern Shore Community College

**Materials:** A curious mind!

**Class Size:** Minimum 12; Maximum 25

*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.*

## MUSIC

### EXPLORING HARMONY IN SINGING

*Instructor: Barry Groves, [Barry Groves](#)*

Can you carry a tune? Want to step up your music game? At this workshop-style class you will learn about rounds, partner songs, and other singing games, preparing in a non-stressful way to accompany your singing friends.

**Four Sessions:** Fridays, October 18, 25, November 1, and 8, 3:30 – 5:00 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Minimum 2; Maximum 6

*Barry Groves has been observing popular music since *The Flying Purple People Eater* bestrode the airwaves. He currently teaches Jazz Improvisation at ESO.*

### HISTORY OF JAZZ

*Instructor: Barry Groves, [Barry Groves](#)*

What is jazz? How does it work? Where did it come from? When did it begin? Who made it? Why? This class will explore the early history of jazz, its innovators, and developers.

**Four Sessions:** September 18, 25, October 2, and 9, 1:00 – 3:00 P.M.

**Location:** Barrier Islands Center, Machipongo

**Class Size:** Minimum 2; Maximum 10

*Barry Groves has been observing popular music since *The Flying Purple People Eater* bestrode the airwaves. He currently teaches Jazz Improvisation at ESO.*

## SKILLS AND CRAFTS

### CAR CARE: HOW TO MAKE YOUR CAR LAST FOREVER, IF NOT LONGER!

*Instructor: Ken Tucker, [Ken Tucker](#)*

There are steps you can take to make your car last forever. 300,000 miles is very possible. This class will show you how to do it!

**One Session:** Friday, Nov. 11, 11:00 – 12:30 A.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 25

*Ken Tucker is the largest car collector in Accomack County. He is the retired Automotive Technology professor at Eastern Shore Community College.*

### FLOWER ARRANGING ANYONE CAN DO, PART 1

*Instructor: Cyndi Serini Downing, [simplyfreshfloralcreations@gmail.com](mailto:simplyfreshfloralcreations@gmail.com)*

Learn some easy, basic, and foolproof techniques to arrange flowers like a pro. Arranging flowers is something anyone can do given the right tools. Learn how to make something out of nothing, or use “roadsideinna” (stuff from the side of the road). Each of the five sessions will cover a different mechanic, a different arranging technique, and where to find floral resources and supplies. This will be a make-it take-it style workshop, and you will go home with your arrangement from the session. Participants will also keep supplies used during the sessions to build a flower arranging tool kit. Please bring clippers if you have them. Or, if you are interested in

a professional grade pair of clippers (cost is \$37.50), email Cyndi by August 30 so you will have them for the first session.

**Five sessions:** Thursdays, September 19, 26, and October 3, 10, and 31, 9:30 – 11:30 A.M.

**Location:** Simply Fresh Workshop, near Onancock. Directions will be sent to students before class.

**Materials Fee:** \$55. Participants are asked to send the payment to Cyndi Downing, P.O. Box 527, Onancock, VA 23417 **at least one week before class begins.**

**Recommended books** (both by Judith Blacklock and available on Amazon.com.): A basic level book, *Flower Arranging*, paperback from the Teach Yourself series; or for a more comprehensive book, hardcover, *Flower Arranging, The Complete Guide for Beginners*. Both will be available to review during session one of the class.

**Class Size:** Minimum 5; Maximum 8

*Cyndi Downing retired after 30 years in education. Cyndi is a self-taught flower arranger, learning from many different professional arrangers and local experts. She now enjoys a cottage business called Simply Fresh: Flowers for Events and Home, working from referral or commission for special events and weddings creating custom floral design.*

## **MORE FUN WITH FLOWERS, PART 2: THE A.L.L-STARs**

*Instructor: Cyndi Serini Downing, [simplyfreshfloralcreations@gmail.com](mailto:simplyfreshfloralcreations@gmail.com)*

A.L.L. Stars is a continuation of Cyndi's Flower Arranging Part 1 class. **Part 2 is for those participants who have taken Part 1.** This is a make-it take-it style workshop. The major focus will be a more advanced use of mechanics while applying the elements and principles of floral design. There will also be book reviews of the latest on-trend professional books.

**Five Sessions:** Thursdays, September 19, 26, October 3, 10, and 31, 12:00 to 2:00 P.M.

**Location:** Simply Fresh Workshop, near Onancock. Directions will be sent to participants before class.

**Materials:** For the A.L.L. Stars class materials will be a combination of the fresh materials and supplies provided. Participants will also be asked to bring in materials and/or supplies for a particular session. Bring the tool kit from Part 1. If you are interested in a professional grade pair of clippers (cost is \$37.50), email Cyndi by August 30 so you will have them for the first session.

**Materials fee:** \$50. A.L.L. Stars can pay on or before the first class. To pay early send the payment to Cyndi Downing, P.O. Box 527, Onancock, VA 23417.

**Class Size:** Minimum 4; Maximum 10

*Cyndi Downing retired after 30 years in education. Cyndi is a self-taught flower arranger, learning from many different professional arrangers and local experts. She now enjoys a cottage business called Simply Fresh: Flowers for Events and Home, working from referral or commission for special events and weddings creating custom floral design.*

## **PAINT YOUR OLD CHAIR AND RECOVER THE SEAT!**

*Instructor: Brenda Smith, [bss45@cornell.edu](mailto:bss45@cornell.edu)*

Do you have dining room chairs that need some refreshing? Want to dress up that chair you keep in the corner for extra seating? How about putting something eye catching on your porch? This two part class will take your wooden chair with worn out seat and make it a welcome and useful piece again! Be as bold or sedate as you like, using Dixie Belle Paint to paint the wood parts of your chair and your own fabric to recover the seat. Instruction will include cleaning your furniture, painting and sealing your chair, and also removing and recovering the seat. All tools are provided. You will need a wooden chair with a removable seat (Flip the chair over—are there screws holding the seat on? That's the one we want!) You will also need one yard of fabric for the seat. For the fabric, you want something woven and heavier than quilting cotton. Home dec or upholstery fabric is good, but if you want to try canvas, twill, or denim—let's do that!!!! With a little extra thinking, you can also use an old pair of jeans! Photo of a Repeated Seat will be available after August 1 at [www.facebook.com/localcolorstudiova](http://www.facebook.com/localcolorstudiova).

If you are having trouble finding a suitable chair, please contact the instructor, Brenda Smith, at 201-317-0586. Paint will be Dixie Belle Paint. By October 10, please let the instructor know what color you will use. Colors can be seen at both Melfa Uniques and Antiques on Main Street in Melfa or J&M Collectibles on Route 13 South in Exmore. **Do not buy the paint; just note the color!** Instructor will contact you for that information.

**Two Sessions:** October 24 and 31 from 10:00 A.M. – 12:30 P.M.

**Location:** Local Color Studio Workshop, 25767 Pennsylvania Ave, Onley VA

**Materials Fee:** Paint, primer, and sealer are included in the materials fee of \$25.00.

**Class Size:** Maximum: 4

*Instructor Brenda Smith is a retired home economics teacher and the owner of Local Color Studio, a workspace for creative people. She has taught sewing, quilting, furniture painting, rug hooking, embroidery, and a variety of other creative crafts to people of all ages. She loves making things and repurposing items, and helping others do the same!*

## QUILTING BASICS

*Instructor: Sarah Hansel, [lunasea410@gmail.com](mailto:lunasea410@gmail.com)*

This is a beginner's class and will cover how to choose fabrics, how to use a rotary cutter, how to sew a quarter inch seam, how to piece, how to applique, and how to quilt in the ditch and bind. We will be making holiday potholders and placemats.

**Three Sessions:** Fridays, November 1, 8, and 15, 9:00 A.M. – Noon

**Location:** Eastern Shore Community College

**Materials fee:** \$20 for materials. Students should bring a sewing machine and a 45mm rotary cutter (available at WalMart or Teresa's Quilts in Nassawadox.)

**Class Size:** Minimum 4; Maximum 6

*Sarah Hansel has made over 70 quilts in the last 20 years and thinks quilting is an art form, so learning the "rules" is just so you know how to break them. She likes to share the fun and knows "mistakes" are just happy accidents and opportunities to create something new.*

## QUILTING: TABLERUNNER

*Instructor: Kris T. Califano Hebert, [Krist29@comcast.net](mailto:Krist29@comcast.net)*

This class is for those who have done sewing and/or quilting before. Perfect the basics of quilting with this beautiful three-block table runner (finished size approximately 18" x 40").

Class will include the basics of color design, cutting, layout, piecing, binding, and machine quilting. You will learn how to cut and sew strips, ½ square and ¼ square triangles, as well as borders and binding. You will have a completed table runner at the end of the classes; some work will need to be done between classes.

**Four Sessions:** Wednesdays, September 18, 25, October 2, and 9, 10:00 A.M. – 12:30 P.M.

**Location:** Kris's studio in Belle Haven. Directions will be provided upon registration.

**Equipment Needed:** 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.)

**Materials:** \$40 materials fee includes pattern and fabrics for samples. 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 as well as fabrics, thread, and batting.

**Questions?:** Please call (850-508-7293), text, or email Kris if you have any questions.

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

*Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Kris holds a degree from Florida State University in Fashion Design and Merchandising, as well as a Teaching Certificate in Human Sciences. She 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. Kris has*

recently relocated to the Eastern Shore and continues to share her love of sewing and quilting. Kris is a Nationally Certified Decorating Diva, a US Sailing Certified Instructor, a Jenny Haskins Certified Embroidery Instructor, and a Quilting from the Heartland Certified Instructor.

### **SEWING PROJECT: BASIC TOTE BAG**

*Instructor: Brenda Smith, [bss45@cornell.edu](mailto:bss45@cornell.edu)*

This is a great beginner sewing project. Sew an approximately 13" x 14" open top, lined tote bag with exterior pocket and webbing handles. Sewing machines are available or bring your own. If you haven't sewn in a while and need a little refresher, you are welcome to come at 9:00 to set up and practice. Tote bag instruction will not begin until 10:00 or until everyone is present (whichever is earlier).

**One Session:** Thursday, October 10, 9:00 A.M. – Noon

**Location:** Local Color Studio Workshop, 25767 Pennsylvania Ave, Onley, VA

**Materials Fee:** \$7.00 due to the instructor, or you are welcome to bring your own 1 yard of woven fabric (quilt weight cotton, home dec, or upholstery fabric), thread, and 100" of 1" wide webbing.

**Class Size:** Maximum 4

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*Instructor Brenda Smith is a retired home economics teacher and the owner of Local Color Studio, a workspace for creative people. She has taught sewing, quilting, furniture painting, rug hooking, embroidery, and a variety of other creative crafts to people of all ages. She loves making things and repurposing items, and helping others do the same!*

### **SEWING PROJECT: ZIPPER TOP TOTE BAG – LET'S GET CREATIVE!**

*Instructor: Brenda Smith, [bss45@cornell.edu](mailto:bss45@cornell.edu)*

Are you a confident beginner? Know how to sew a zipper? Want to play with fabric? Like to put fabrics together? This will be fun!! Construct a lined tote bag with a zippered top. Tote will be approximately 13"X14". Instructor will have a variety of fabrics or bring your own. This is a great opportunity to add that bit of trim or grandma's hanky that you've been saving! Sample bag will be on [www.facebook.com/localcolorstudiova](http://www.facebook.com/localcolorstudiova) after August 1. Sewing machines are available or bring your own. Please be confident with a zipper foot.

**One Session:** Thursday, October 17, 9:00 A.M.-Noon

**Location:** Local Color Studio Workshop, 25767 Pennsylvania Ave, Onley VA

**Materials Fee:** \$15.00 due to the instructor or you are welcome to bring your own woven fabric (1 yard total) and reduce the fee by \$5.00. Instructor will supply zippers, fusible fleece, interfacing, webbing fabric, and assorted trim.

**Class Size:** Maximum: 4

*Instructor Brenda Smith is a retired home economics teacher and the owner of Local Color Studio, a workspace for creative people. She has taught sewing, quilting, furniture painting, rug hooking, embroidery, and a variety of other creative crafts to people of all ages. She loves making things and repurposing items, and helping others do the same!*

### **SEWING PROJECT: KRIS'S MINI FABRIC WALLET**

*Instructor: Kris T. Califano Hebert, [Krist29@comcast.net](mailto:Krist29@comcast.net)*

This class is for those who have done sewing and/or quilting before.

Small enough to fit in your back pocket, this cute quilted wallet has four pockets to hold cash, credit cards, and your ID. Add a zipper, and it'll hold your change too. Add contrasting mini cording, a clear ID pocket, RFID fabric for theft protection, and "bling" with rhinestones. These options will each be taught in class.

**Two Sessions:** Wednesdays, October 23 and 30, 10:00 – 12:30

**Location:** This class will be taught at Kris's Studio in Belle Haven. Directions will be provided upon

registration.

**Equipment Needed:** 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.) There will be homework in order to finish the quilt, so a home machine is required.

**Materials:** \$35 materials fee includes wallet kit, with Super Shaping Foam, stabilizer, pattern, choice of 4½” wallet frame, choice of zipper color. Supplies needed will include a 45mm rotary cutter, cutting mat at least 11” x 18,” and a 3” x 12” quilting ruler as well as fabrics and thread. Supply list will be provided upon registration.

**Questions?** Please call (850-508-7293), text, or email Kris if you have any questions.

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

*Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Kris holds a degree from Florida State University in Fashion Design and Merchandising, as well as a Teaching Certificate in Human Sciences. She 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. Kris has recently relocated to the Eastern Shore and continues to share her love of sewing and quilting. Kris is a Nationally Certified Decorating Diva, a US Sailing Certified Instructor, a Jenny Haskins Certified Embroidery Instructor, and a Quilting from the Heartland Certified Instructor.*

## YOGURT MAKING WORKSHOP

Instructor: Jan Andrejco, [jandrejco@gmail.com](mailto:jandrejco@gmail.com)

A protein-rich diet may help reduce hunger, boost metabolism, and build muscle. Greek yogurt is an excellent source of calcium, which can help improve bone health. It also contains probiotics, which support a healthy bacterial balance in the gut. This class will provide you with information about the equipment needed to make your own yogurt and where to find it. Most of it can be found in your kitchen. You will watch a demonstration of how easy it is to make Greek yogurt (30 minutes) and have a taste test with a yogurt bar.

**One Session:** October 2, 10:00 – 11:30 A.M.

**Location:** Jan's home near Onancock. Directions will be sent to participants before class.

**Class Size:** Maximum 8

*Jan Andrejco loves to cook and bake and tries to make as much as she can from scratch for health reasons and to avoid additives and chemicals. Yogurt is something that can make you feel full, and it is good for your bones and stomach.*

## YOGA AND MINDFULNESS

### YOGA: EVERYDAY YOGA

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

Bring a little yoga and mindfulness into your days! Everyone can practice yoga. Everyday. Join us for a 4-week session exploring yogic philosophy, physical postures, movement, and breathing techniques that can improve your everyday life. Yoga practice brings strength, flexibility, and balance to body, mind, and spirit. Each class will include a period of stillness and deep relaxation.

**Four Sessions:** Wednesdays, September 18, 25, October 2, and 9, 10:00 – 11:30 A.M.

**Location:** Historic Onancock School, College St. in Onancock

**Class Size:** Maximum 15

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

*Toni Noreika has been a student of yoga for 20 years. She is a 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.*

### **CHAIR YOGA: SEATED YOGA PRACTICE**

*Instructor: Linda Lang, [lindalang@theopen-door.com](mailto:lindalang@theopen-door.com)*

Chair yoga is an exceptional way to build flexibility and strength while protecting vulnerable body parts (like feet, knees, hips, and low backs). A surprisingly effective approach to promoting good posture, core strength, better balance, and expanded lung capacity, it is great “exercise” for all individuals, especially folks with difficult diagnoses and challenging conditions.

**Three Sessions:** Tuesdays, November 5, 12, and 19, 1:00 – 2:00 P.M.

**Location:** Historic Onancock School, College Ave., Onancock

**Class Size:** Maximum 25

*Linda Lang teaches therapeutically on the Shore and is a clinical instructor at the George Washington University School of Medicine. She designs and conducts symposia at the Smithsonian and is a member of the Advisory Council for the International Association of Yoga Therapists.*

### **IN-TOWN YOGA RETREAT: YOGA FOR HEALTHY AGING**

*Instructor: Linda Lang, [lindalang@theopen-door.com](mailto:lindalang@theopen-door.com)*

Yoga practices and discussion related to the aging process, retirement, self-discovery, solitude and sacredness. Dedicated to learning and practicing techniques to quiet the mind, make peace with difficult issues, improve sleep, explore habits you’d like to change, and restore and maintain a sense of wholeness and well-being.

**One Session:** November 16, 11:00 A.M. – 4:00 P.M., lunch included

**Location:** Linda’s home near Belle Haven

**Class Size:** Maximum 15

**Lunch:** Linda will provide a light vegetarian meal (soup, cheese, breads) and beverages.

**Other:** Wear loose fitting clothing. Bring a mat if you have one.

*Linda Lang teaches therapeutically on the Shore and is a clinical instructor at the George Washington University School of Medicine. She designs and conducts symposia at the Smithsonian and is a member of the Advisory Council for the International Association of Yoga Therapists.*

### **IN-TOWN YOGA RETREAT: YOGA FOR CARETAKERS**

*Instructor: Linda Lang, [lindalang@theopen-door.com](mailto:lindalang@theopen-door.com)*

Practices to support and sustain us, to give us strength and courage to care for others, while practicing self-compassion and self-care skills for ourselves. Yoga poses, meditation, and conversation to shine the light of hope and loving-kindness into your world(s).

**One Session:** December 7, 11:00 A.M. – 4:00 P.M., lunch included

**Location:** Linda’s home near Belle Haven

**Class Size:** Maximum 15

**Lunch:** Linda will provide a light vegetarian meal (soup, cheese, breads) and beverages.

**Other:** Wear loose fitting clothing. Bring a mat if you have one.

*Linda Lang teaches therapeutically on the Shore and is a clinical instructor at the George Washington University School of Medicine. She designs and conducts symposia at the Smithsonian and is a member of the Advisory Council for the International Association of Yoga Therapists.*

### **YOGA: UNDERSTANDING CHAKRAS WITH A SHORT EXPLORATION CHAKRA MEDITATION**

*Instructor: Claudette Lajoie, [info@baylifeyoga.com](mailto:info@baylifeyoga.com)*

This class is about understanding the chakras. Learn about the seven main chakras in the body, starting from the base of the spine through to the crown of the head. These invisible wheels of energy keep us vibrant and healthy. A short exploration chakra meditation will follow the discussion.

**One Session:** Friday, September 13, 12:30 – 2:00

**Location:** Eastern Shore Community College

**Please Bring:** Yoga mat (or meditation cushion if preferred)

**Class Size:** Minimum 6; Maximum 25

*Claudette, owner of Bay Life Yoga in Cape Charles, is 500 hour certified in The Kivalya Yoga Method (TKYM), based on the foundations of practice, yoga philosophy, postures, sequencing, anatomy, and therapeutics.*

## **YOGA: PRANAYAMA, THE YOGA OF BREATHING**

*Facilitator: Debra Bosna, [DebraBosna@gmail.com](mailto:DebraBosna@gmail.com)*

The practice of pranayama, the breathing practice, has become an overlooked aspect of yoga. The breathing practice is an essential part of a complete yoga experience. The word *prana* means “lifeforce”, “vitality.” *Yama* means “to elevate.” Various breathing techniques will be explained and explored.

**One Session:** Friday, September 20, 12:30 – 2:00 P.M.

**Location:** Eastern Shore Community College

**Class Size:** Maximum 25

*Debra Bosna has nearly twenty years’ experience. She has completed two 200-hour teacher trainings, one 500-hour teacher training, and assisted in leading two 200-hour trainings in Philadelphia, PA, under the direction of Yogan Michael Carroll.*

## **YOGA DISCUSSION GROUP: YOGA AS LIFESTYLE MEDICINE**

*Facilitator: Linda Lang, [lindalang@theopen-door.com](mailto:lindalang@theopen-door.com)*

This interactive session will include demonstrations and discussion to promote positive behaviors that support well-being. We’ll discuss prevention, “defensive aging,” difficult diagnoses, living with chronic conditions, trauma-sensitive yoga, and self-care for pain management.

**One Session:** Friday, November 8, 12:30 – 2:00

**Location:** Eastern Shore Community College

**Please Bring:** a journal

**Class Size:** Maximum 25

*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*