



# Academy for Lifetime Learning

## 2022 Spring Courses

*Our course offerings for the 2022 spring semester are a mixture of ones that will meet in person and ones that will be presented online via Zoom. If you register for one of the latter and are unfamiliar with how to use Zoom, please [let us know](#). We'll be glad to provide help.*

- The 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 membership fee. This fee entitles members to sign up for as many courses as they like, but please read the schedule carefully as class times often overlap.
- Register early, as classes fill up quickly. You will be notified by e-mail that you are enrolled. If a course that you want to take is full, you can sign up for a waitlist. Should a spot later become available for you, you will be contacted to see if you are still interested in taking the class.
- **If you register and then find you cannot attend, please notify the Registrar so that the seat can be made available for another member.**
- You can register online or by mail.
- Any class fees assessed by the instructor are payable directly to the instructor on the first day of class unless other directions are given in the course description.
- Thanks for your interest in the Academy for Lifetime Learning.

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## ART AND SKILLS

### IDEAS FOR PRESERVING PHOTOGRAPHS AND MEMORIES

*Instructor: Jan Andrejco ([rjandrejco@gmail.com](mailto:rjandrejco@gmail.com))*

Have you been wondering what to do with all of the photographs and other interesting papers your parents passed down to you? You can reduce the bulk and share what you have with other members of your family.

Participants will learn how to scan photos and organize them into files on a computer. Each photo takes three seconds. At least three additional ideas on how to preserve your photo memories other than scrapbooking will be shared. The instructor will share many of the products she has created.

**One session on Zoom:** Friday, February 25, 10:45 A.M. – 12:15 P.M. **(Note:** *Although this class was initially designed to be hands on, it will be taught on Zoom. The instructor will explain the equipment used, show the technology, give other ideas, and hope students are able to grasp enough to move forward on their own.*)

**Class-size limits:** Minimum 2, Maximum 15

*After moving multiple bins of photos from parents and in-laws, Jan Andrejco finally took action to start preserving and organizing photos, letters, and other paper memories back from her grandparents. Also included in the collection are photos of travels with her husband of 46 years. That is a lot of photos!*

## **PAINT THE SPRING LANDSCAPE**

*Instructor: Carrie Jacobson ([carrieBjacobson@gmail.com](mailto:carrieBjacobson@gmail.com))*

Let's go outdoors and paint on site at the salt marsh in Wachapreague. You bring your paints and canvas, an easel or small table, and I'll help you get a grip on the composition, color and the feel of the scene, as well as the joy of painting outdoors. **(Important:**

**Participants must have some painting experience!)**

**One session:** Monday, May 2, 8:30 A.M. – 4:00 P.M. Instructor will be in touch with students to arrange an alternate date in the case of inclement weather.

**Location:** Meet at Carrie's studio in Wachapreague

**Materials and notes:** Students should bring their own paint, support, easel, chair, table...whatever they like for painting outdoors. Bring a bag lunch.

**Class-size limits:** Minimum 1, Maximum 10

*In addition to painting in the studio, Carrie Jacobson is an experienced plein-air painter who has traveled the country and the Eastern Shore painting outdoors.*

## **BEGINNING WATERCOLOR**

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

Susan will teach the basics of watercolor and hopefully instill a desire to learn more and continue painting. She will also teach what supplies are best and a bit about color and composition. You will learn the rules and how best to break them. It's a fun, no pressure class.

**Four sessions at ESCC:** Fridays, April 22 and 28, May 6 and 13, 9:00 – 10:30 A.M.

**Materials fee:** \$40 payable to instructor on the first day of class.

**Class-size limits:** Minimum 5, Maximum 10

*Susan McGuire has a terrible reputation for helping you see (and paint) things in a whole new way! She has worked in watercolor for the past thirty years. Susan loves painting and is a past president of the Eastern Shore Art League. Her newest venture is The Hello Art Gallery in Onancock. Contact Susan ([susan.mcguire1@icloud.com](mailto:susan.mcguire1@icloud.com)) for details.*

## **GET MOVING!**

### **LEARNING BOCCE**

*Instructor: Maggie Digan ([maggie.digan@gmail.com](mailto:maggie.digan@gmail.com))*

Students will learn to play the ancient game of Bocce in this class. Bocce is an outdoor activity somewhat similar to lawn bowling, but instead, the player's objective is to roll a large ball as close as possible to a small target ball. Bocce is easy on the body but requires strategy and is great fun.

**Four sessions:** Thursdays, April 7, 14, 21, 28, 10:30 – Noon

**Location:** Seaside Park, Wachapreague (across from fire station)

**Materials:** Materials to play the game will be provided.

**Class-size limits:** Minimum 6, Maximum 12

**Note:** Please do not block Firehouse Bay doors. Parking is available on High St. at Seaside Park. Bring a lawn chair and wear comfortable clothes.

*Margo Digan played Bocce as a child with family and friends. She was lucky enough to play the French version, Petanque, in a small village in France and observe Italians play in Italy.*

## **KAYAK DAY TRIP: Blackwater Paddling on the Upper Pocomoke River**

*Facilitators: Ken and Sandy Schultz ([ken@kenschultz.com](mailto:ken@kenschultz.com))*

Paddlers of novice ability can enjoy a delightful afternoon on the Pocomoke River north of Snow Hill. Learn river paddling; planning with the tides, how shuttling works with one-way river paddling, and transport issues; paddling techniques; safe boat handling; and nature observation in a cypress-flanked blackwater river.

We'll 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 sheltered confines of the narrow upper Pocomoke River. The pace will be leisurely, and we expect to be on the water for approximately four hours. **(Note:** There are no restroom facilities once we have launched.)

The highlight is paddling through the scenic bald cypress-black gum swamp. The Pocomoke River from Porter's Crossing to Snow Hill 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.

**One session:** Monday, April 25, meet at 11:30 a.m. (Rain date, Tuesday, April 26, meet at noon.)

**Location:** Class meets at Byrd Park in Snow Hill, Maryland. We will shuttle people, boats, and gear to the put-in spot at Porter's Crossing. We will be on the water at the peak of the tide and paddle one way back to Byrd Park. Afterward, those who wish can gather locally for dinner and refreshments.

### **Information about the day trip:**

- 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. Also wear appropriate outdoor clothing and footwear. Bring insect repellent, sunscreen, snacks, and water, and perhaps a camera and binoculars.
- 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 is free. Rates for kayak or canoe rental extra. Participants can borrow a boat, life jackets and paddles from Ken and Sandy as available.

**Class-size limits:** Minimum 6, Maximum 25

*The ALL Pocomoke River kayaking adventure has been led by Ken and Sandy since 2014. This will be the 11th time they have led a trip on the Pocomoke River for ALL. They've led many paddling adventures locally as well as 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 27th year.*

## **BEGINNING LINE DANCING**

*Instructor: Sue Thatcher ([suethatcher1@gmail.com](mailto:suethatcher1@gmail.com))*

Students will learn the fundamentals of line dancing using many types of music. Sue will teach the steps to the dance, class will do a walkthrough, and then the music will be turned on. The steps are repetitive as dancers face different walls.

**Two sections. You can sign up for one or both of the following:**

- **Section 1 (six sessions)** Mondays, February 14, 21, 28, March 7, 14, and 21, 1:00 – 2:30 P.M.
- **Section 2 (six sessions):** Mondays March 28, April 4, 11, 18, 25, and May 2, 1:00 – 2:30 P.M.

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

**Class-size limits for either class:** Minimum 10, Maximum 20

**Note:** Wear comfortable clothing and shoes that slide.

*Sue's line dance team, aka The Boot Scootin' Belles, has been teaching line dancing on the Eastern Shore for several years. They enjoy sharing this fun dancing style. It's also a great way to exercise both your body and mind.*

## **PICKLEBALL 101 and/or 102**

*Instructor: Mike Bono ([mkbono23420@gmail.com](mailto:mkbono23420@gmail.com))*

This is a wonderful opportunity to learn pickleball the right way or to take your game to the next level. You can sign up for Pickleball 101 to learn the basics of the game.

Pickleball 102 follows so you can advance your skills. If you already know the basics, you can choose to sign up only for Pickleball 102.

**Two sections. You can sign up for one or both of the following:**

- **Pickleball 101 (four sessions):** Fridays March 4,11,18, and 25 at 3:00-4:00 P.M.
- **Pickleball 102 (four sessions):** Fridays April 8,15, 22, and 29, 3:00-4:00 P.M.

**Location:** Eastern Shore Yacht and Country Club, Country Club Dr., Melfa

**Cost:** \$40/person for each 4-week section. Fee includes loaner pickleball paddle if needed.

**Class-size limit for either section):** Maximum 8

*Mike Bono is a USAA Pickleball Member and a Professional Pickleball Registry Certified Pickleball Coach. He is a Health and PE Educator in the Accomack County School System and has coached many other sports, including tennis.*

**SEATED YOGA PRACTICES: Staying Stronger Longer**

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

This class is a combination of very gentle movement and balancing poses to build strength and improve posture.

Students will use light weights (soup cans), straps, and yoga blocks. This is perfect for both people who'd prefer to sit and for those who'd enjoy the challenges of building stamina and endurance while standing. (Safe and recommended for individuals of all ages concerned about mobility, fall prevention, and recovering from or preparing for surgeries.)

**Two sections. Choose one or both of the following:**

- **Section 1 (two sessions):** Wednesdays, March 2 and 9, 10:30-11:30 A.M.
  - **Location:** Historic Onancock School, Onancock
- **Section 2 (two sessions):** Wednesdays, March 23 and 30, 10:30 – 11:30 A.M.
  - **Location:** Firehouse in Nassawadox

**Note:** Wear comfortable clothing, bring a yoga mat or large towel.

**Class-size limit for either section:** Maximum 25

*Please see Linda Lang's biography under In-Town Yoga Retreat: Medical Advocacy, Self-Care, and Providing Care for Others.*

## **YOGA FOR ADVANCED BEGINNERS AND INTERMEDIATE STUDENTS**

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

This class covers therapeutic approaches to mastering a broad range of poses including weight-bearing, balancing, and inversions. It is intended for capable students with strong backgrounds in Hatha yoga. Meditation included. Prepare to play!

### **Two sections. Choose one or both of the following:**

- **Section 1 (two sessions):** Wednesdays, March 2 and 9, 12:00 Noon – 1:00 P.M.
  - Location: Historic Onancock School, Onancock
- **Section 2, (two sessions)** Wednesdays, March 23 and 30, 12 Noon – 1:00 P.M.
  - Location: Firehouse in Nassawadox

**Note:** Wear comfortable clothing; bring a yoga mat or large towel.

**Class limit for either section:** Maximum 12

*Please see Linda Lang's biography under In-Town Yoga Retreat: Medical Advocacy, Self-Care, and Providing Care for Others.*

## **MIND CANDY**

## **BIOLOGY AND ECOLOGY OF MARINE ORGANISMS**

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

This is the study of relationships between plants/animals and the 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 spring, we will be using PowerPoint to discuss: benthic invertebrates (echinoderms- tunicates); benthic life habits; intertidal communities; seagrass communities; coral reefs; and the deep sea. If time permits, we will also discuss human impacts on the ocean such as marine conservation, fisheries, and global climate change.

**Four sessions at ESCC:** February 18, 25, and March 4, 11, 10:45 A.M. – 12:15 P.M.

**Class-size limits:** Minimum 12, Maximum 24

*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 approximately 60 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.*

### **BITE-SIZE BOOK CLUB**

*Instructor: Sherry Burns ([gmb47@verizon.net](mailto:gmb47@verizon.net))*

Join a book club with manageable goals and a convivial group of fellow readers. From an anthology of contemporary fiction short stories, a few are tackled each week for discussion in class.

**Six sessions at ESCC:** Fridays, March 18, 25, and April 1, 8, 15, and 22, 10:45 A.M. – 12:15 P.M.

**Materials:** *Best Short Stories of 2021: The O'Henry Prize Winners*

**Class-size limit:** Maximum 25

*Sherry Burns is a grateful Shore resident who is an eclectic and voracious reader.*

### **BUGS: A CASUAL INTRODUCTION**

*Instructor: Marilyn Ailes, Ph.D. ([imailes@verizon.net](mailto:imailes@verizon.net))*

This class is laid-back Eastern Shore Entomology 101. We'll explore the many kinds of "bugs" on the Shore from spiders to flies but keep it light. Marilyn will give some advice on pest control, some information on interesting studies, and some explanation of current population concerns.

**Four sessions at ESCC:** Fridays, March 18, 25, April 1, and 8, 10:45 A.M. – 12:15 P.M.

**Optional book:** *Smithsonian Insects*, available on Amazon for about \$20. Marilyn will bring this book to the first class so students can decide if they want to include it in their own library.

**Class-size limits:** Minimum: 6, Maximum 20

*Marilyn Ailes wrote her Ph.D. dissertation on using weather to predict mosquito populations at Wallops Island, VA. She published articles in *Journal of Medical Entomology* on mosquito populations and on control of greenhead flies. Marilyn studied entomology at Univ. of Calif.*

*Santa Barbara. She began her student career by filling her kindergarten classroom with ladybugs.*

## **EASTERN SHORE HISTORY**

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

The class will focus on history of the Eastern Shore of Virginia.

**One session at ESCC:** Friday, March 18, 9:00 – 10:30 A.M.

**Class-size limit:** Maximum 50

*Dennis Custis was a history teacher and principal in Accomack County Schools. He has a lifelong interest in the history of the Eastern Shore.*

## **ETHICAL DILEMMAS, MORAL QUANDARIES, AND VALUE DIFFERENCES**

*Moderator: Keith "Kim" Miles ([kmmiles@gmail.com](mailto:kmmiles@gmail.com))*

The moderator or you will present ethical dilemmas, moral quandaries, or value issues for discussion. Free discussion will follow with participants respecting and listening to all opinions. This is not a course, but a discussion of some of the real and hypothetical issues that may perplex us today. Participants will be teachers as well as learners as we wade through why we think and feel the way we do about thorny problems. Different views encouraged.

**Two sessions on Zoom:** Fridays, Feb 18 and 25, 9:00 – 10:30 A.M.

**Class-size limits:** Minimum 6, Maximum 16

*Kim Miles is a widely acclaimed ethical genius...a veritable paragon of virtue, who by example alone will imbue the workshop takers with amazing ethical discrimination and powers to resist temptation to cheat, lie, or skirt moral standards. (Wait! No...no, that was Ghandi! Kim is just an average guy who likes to think about ethical problems and welcomes discussion of same. Join him for a hoot.)*

## **LUNCH and LEARN**

*Instructor: Betty Martin ([bmartin40@verizon.net](mailto:bmartin40@verizon.net))*

Students will learn about various places in the community and enjoy lunch (Dutch) at a different restaurant each week.

**Four sessions:** Thursdays, April 14, 21, 28, and May 5, 9:00 A.M. – early afternoon. Class will assemble beginning at 9:00 A.M. at Eastern Shore Community College.

**Fee:** Dutch lunch

**Class-size limits:** Minimum 10, Maximum 20

**Note:** It would be helpful to know whether participants can climb stairs or whether there are other disabilities that need to be addressed.

*Betty Martin has an insatiable curiosity and love of people/laughter. Participants enjoyed her previous Know the Shore class offered through ALL.*

## **IN-TOWN YOGA RETREAT: Embracing Change and Transition**

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

This is a series of workshops exploring challenging times, new discoveries, and welcoming The Unknown and Unknowable into our lives.

We'll use traditional yoga practices, meditative techniques, and mindful inquiry to deepen our capacity to cope and move into the future with wisdom, grace, and compassion.

**Two sections. Choose one or both of the following:**

- **Section 1 (one session):** Saturday, April 2, 1:30-5:30 P.M.
- **Section 2 (one session):** Saturday, April 23, 1:30-5:30 P.M.

**Note:** Mid-day break with refreshments is included in each session.

**Location:** The instructor's home in Belle Haven

**Class-size limit for either section:** Maximum 15

*Please see Linda Lang's biography under In-Town Yoga Retreat: Medical Advocacy, Self-Care, and Providing Care for Others.*

## **IN-TOWN YOGA RETREAT: Medical Advocacy, Self-Care, and Providing Care for Others**

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

Learn the basics for negotiating your way through difficult medical situations. Getting answers to difficult questions isn't always easy; getting and holding the attention of your medical providers can be challenging; knowing where to turn, how to do the research and pursue timely treatment is critically important.

Explore the practical processes and psychological complexities through discussion and experiential activities designed to create clarity, reduce stress, and increase confidence, no matter what might arise...you do not have to go through this alone. Linda Lang will moderate and lead the discussion: your expertise and experience will be greatly valued.

**One session:** Wednesday, April 6, 10 A.M.- 12:30 P.M. ( Bring pot-luck lunch; stay for conversation!)

**Location:** The instructor's home in Belle Haven

**Class-size limit:** Maximum 10

**Note:** This would be a great time for inter-generational discussion; bring your parent, adult partner, or care provider.)

*Linda Lang teaches yoga therapeutically to maintain optimal health and well-being, with experience ranging from integrative medical settings to presenting seminars and symposia at the Smithsonian. Her specialties are in chronic conditions and difficult diagnoses.*

## **PHOTOGRAPHY AND CAMERAS**

### **NATURE PHOTOGRAPHY WORKSHOP**

*Instructor: George Budd ([buddgc1@gmail.com](mailto:buddgc1@gmail.com))*

The goal of the class is to learn the fundamentals of several forms of nature photography: landscape, bird and wildlife, and close-up photography. The workshop will present camera techniques and artistic concepts, including composition, light, and color. Presentations will be made in PowerPoint and presented on Zoom. Recorded versions of the presentation will also be made available for use by participants.

**Four Sessions on Zoom:** Wednesdays, March 9, 16, 23, and 30, 10:00 A.M. – Noon

**Class Size Limits:** Minimum 2, Maximum 6

*George Budd has been teaching nature photography at ALL for several years. He is highly regarded for his photography on the Eastern Shore.*

## **PHOTOGRAPHY: Taking Control of Your Digital Camera**

*Instructors: Helen Putre ([hputre2@gmail.com](mailto:hputre2@gmail.com)) and Suzy Quigley ([susanpeden@charter.net](mailto:susanpeden@charter.net))*

You just set your digital camera to Auto, and usually you're satisfied with the results. But sometimes the picture you get isn't quite what you wanted or expected. Is that a description of the relationship between you and your digital camera?

This course will teach you how to take control of the photographic process. You'll learn to use the controls on your camera to put you, not the camera, in charge of the results.

**Four sessions at ESCC:** March 4, 11, 18, and 25, 9:00 A.M. – 10:30 P.M.

**Materials needed:** Digital camera.

**Please note:** This course is intended to teach you how to use your digital camera; it will not cover cell phone or film photography.

**Class-size limits:** Minimum 5, Maximum 10

*Helen Putre has been fooling around with cameras since she was a teenager many moons ago, but she didn't really begin to be serious about photography until she inherited a fancy DSLR several years ago and didn't know how to use it. She doesn't claim to have become an expert since then, but she enjoys sharing what she's learned and helping others to expand their own photographic skills. 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.*

## **PROCESSING YOUR PHOTOGRAPHS**

*Instructors: Helen Putre ([hputre2@gmail.com](mailto:hputre2@gmail.com)) and Suzy Quigley ([susanpeden@charter.net](mailto:susanpeden@charter.net))*

Students will learn how to do basic image editing. Content will include, but not necessarily be limited to, techniques for edits such as cropping, resizing, straightening, adjusting exposure and color, dealing with highlights and shadows, sharpening, reducing noise/graininess, removing unwanted elements, inserting new elements, and removing dust spots. The instructors will supply images on which they will demonstrate the

techniques using Adobe Photoshop Elements 2022, as well as supplying copies of the images for students to practice on.

**Four sessions at ESCC:** Fridays, April 8, 15, 22, 29, 9:00 A.M. – 10:30 P.M.

**Materials needed:** A laptop computer. Students will need to install a copy of Adobe Photoshop Elements 2022 on their laptop before the first class since that is the editing software on which the instructors will be doing demonstrations. We strongly recommend that rather than purchasing a copy of the software, you download and install a free 30-day trial copy from the Adobe website a couple of days before the course begins. If you decide you want to purchase your own copy later, the instructors can supply you with the documentation needed to purchase a copy at the discounted rate Adobe provides to students and teachers.

**Class-size limits:** Minimum 2, Maximum 10

*Helen Putre picked up her photo editing skills informally through attending demonstrations and a lot of practice and experimenting. Suzy Quigley's background includes some formal training with editing software in addition to years of experience in the field.*