



ACADEMY FOR LIFETIME LEARNING 2023 SPRING COURSE CATALOG

- Sign up for membership in the Academy for Lifetime Learning by paying the \$25 per semester membership fee. This fee entitles you to sign up for as many courses as you like, but please read the schedule carefully as class times sometimes 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 (use the form on the Registration page) or by mail.
- Any class fees for materials or facilities rental are payable directly to the instructor on the first day of class unless other directions are given in the course description.
- Thank you for your interest in the Academy for Lifetime Learning.

FUN AND GAMES

AMERICAN MAHJONGG

Instructor: Carol Storz (clstorz@bellsouth.net)

MahJongg is a challenging four-player tile game that incorporates skill along with luck and wit. Some liken it to a combination of playing rummy and poker. The game originated in China many centuries ago and was brought to the West in the 1920s.

MahJongg is an interactive community-building activity, but it can seem intimidating to those who aren't familiar with the rules. In this class you will learn American MahJongg using the National MahJongg League card and rules. The course includes game background, theory, strategies, rules, and practice play.

Four Sessions: Tuesdays, March 7, 14, 21, 28, 10:00–11:30 a.m.

Location: Commonwealth Senior Center, 23610 North St., Onancock

Note: All materials will be provided.

Class Limits: Minimum 2, Maximum 4

Carol Storz is an avid MahJongg player, playing regularly with several groups on the Shore. She also plays online and via Zoom calls with distant friends. Carol has achieved a second level Brown Belt ranking in online play. She is eager to introduce National MahJongg League style play to the area.

BOCCE BALL 101

Instructor: Don McGavock (huntingcreek2@gmail.com)

There will be a discussion of the basic rules of bocce. Players will learn how points are awarded. After any questions are answered, we will pick teams and jump right into a game which is the easiest way to learn how to play bocce. Everyone will receive a written page describing the complete rules of bocce.

Six Sessions: Thursdays, March 9, 16, 23, and 30 and April 6 and 13, 10:30 a.m.–noon

Location: Commonwealth Senior Living Bocce Court, 23610 North St., Onancock

Note: Bocce balls will be furnished for the class to use.

Class Limits: Minimum 8, Maximum 12

Don is a veteran of Margo Digan's ALL bocce classes. He says he couldn't even spell bocce before he met Margo. The truth is that one can have fun playing bocce with only minimal experience and skills. One can even enjoy playing while holding on to one's walker.

CHICKEN FOOT DOMINOES

Instructor: Jan Andrejco (Rjandrejco@gmail.com)

If you ever wanted a game for a rainy day or a game to pass time on a too-cold or too-hot day, then this one may be for you. We will use a basic set of dominoes and learn to play a game that uses some strategy and luck. If you have a set of dominoes at home, please bring it. Owning a set is not required.

Two Sessions: Fridays, March 10 and 17, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Note: If participants already own a set of dominoes, they are asked to bring them. They are not required to bring or purchase a set of dominoes.

Class Limits: Minimum 2, Maximum 12

Jan never played dominoes until a few years ago. There are many different versions of dominoes. This is one version that will let you dust off your set and get playing. The game can be played with children or adults. It is a game that can stay set up and play a few rounds at a time and then come back to it on another day, or it can waddle away an afternoon or evening. Better than watching reruns on television!

BEGINNER LINE DANCING

Instructor: Sue Thatcher (suethatcher1@gmail.com)

Students will learn basic line dance steps and then learn beginner line dances using those steps. Before they know it, they will be dancing to a variety of music and exercising both their bodies and minds. It's FUN!

Seven Sessions: Mondays, February 13, 20, 27, March 6, 13, 20, and 27, 1:00–2:30 p.m.

Location: Historic Onancock School, 6 College Ave., Onancock

Facility Fee: \$10 for use of Historic Onancock School (payable to instructor at first class)

Note: Students should wear comfortable clothing and smooth-soled shoes that will slide easily on the wood floor. Cowboy boots are optional.

Class Limits: Minimum 10, Maximum 20

Instructor information follows the listing for Experienced Beginner Line Dance.

EXPERIENCED BEGINNER LINE DANCE (for those who have had some lessons and want to learn more)

Instructor: Sue Thatcher (suethatcher1@gmail.com)

Students will review basic line dance steps, learn additional steps, and will learn more difficult beginner line dances. Before they know it, they will be dancing to a variety of music (not just Country).

Seven Sessions: Mondays, April 3, 10, 17, 24, and May 1, 8, and 15, 1:00–2:30 p.m.

Location: Historic Onancock School, 6 College Ave., Onancock

Fee: \$10 for use of Historic Onancock School (payable to instructor at first class)

Materials: Wear comfortable clothing and shoes that will slide on the wood floor.

Class Limits: Minimum 10, Maximum 15

Sue Thatcher and her team, The Boot Scootin' Belles, have been teaching line dancing on the

Eastern Shore for several years. They enjoy sharing their love of the dance with their students. It's great exercise and fun too!

PICKLEBALL 101

Instructor: Michael D. Bono (mkbono23420@gmail.com)

Students will learn the game of pickleball. All aspects of the game will be covered for a new player.

Four Sessions: Tuesdays, February 7, 14, 21, and 28, 3:00–4:00 p.m.

Location: Indoor court in Nassawadox

Fee: \$10.00 for use of facility (payable to instructor at the first class)

Materials: All materials will be provided.

Note: Participants should wear comfortable clothing and court shoes.

Class Limits: Minimum: 1, Maximum: 12

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. This is a wonderful opportunity to learn pickleball the right way or to take your game to the next level.

RUMMICUB: How To Play (including strategies)

Instructor: Jan Andrejco (Rjandrejco@gmail.com)

Rummicub is a popular tile game that can be played with two to four players. The tiles contain numbers from 1 to 9 and are in 4 different colors. Play is based on laying at least 3 tiles in a run in the same color (red-7,8,9) or three of a kind in different colors (5,5,5). The class will teach the basic game. Practice time will be ample.

Two Sessions: Fridays, March 24 and 31, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Note: There is a free online version available which will be discussed during the class for those who are interested. This game can be played with children through adults.

Class Limits: Minimum 2, Maximum 8

Jan has been playing Rummicub for years with children and adults. She also has played the online version against the computer and against her husband (they each use a separate tablet when playing). She finds it great to exercise the brain!

THE ARTS

CULTURAL APPRECIATION IN ART

Instructor: Richard Press (rpresssr@aol.com)

The class will explore the idea that aesthetic appeal is not always the underlying goal in the mind of the artist and that, for many, art is a pictorial language of expression and storytelling. Some artists choose everyday life situations and experiences as subject matter, as opposed to some who go into the world of abstract design, etc.

Through discussion of various kinds of art compositions, attendees will be exposed to various forms of artmaking that span many aspects of cultural diversities. Hopefully they will obtain an appreciation of the different art styles.

Two Sessions: Wednesdays, February 15 and 22, 1:00 – 2:30 p.m.

Location: Lemon Tree Gallery, 301 Mason Ave., Cape Charles

Class Limits: Minimum 5, Maximum 20

Richard Press is a retired high school art teacher, having taught seven years after being twice retired from other occupations. Even though being published in USA Today, Virginia Pilot, and other media is gratifying, he finds the classroom and assisting students, in general, is much more gratifying. He believes that everyone can express themselves through art. and the lessons he presents in these classes will serve to help prove that.

FORM IN CLASSICAL MUSIC

Instructor: Lee Jordan-Anders (ljordananders@gmail.com)

An understanding and awareness of the various structural plans used in classical music composition can help guide the listener's ear and contribute to more satisfying listening experiences. Students will be introduced to the most common forms used in classical music.

Class sessions will include a variety of music from different stylistic periods as well as different instrumental combinations: (session 1) binary and ternary form, theme, and variations; (session 2) rondo form; (session 3) sonata form; (session 4) fugues and other contrapuntal forms.

Four Sessions: Fridays, February 10, 17, 24, and March 3, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Note: Students will be invited to attend the March 3 concert of the Orchestra of the Eastern Shore, 7:30 p.m., at the Historic Cokesbury Church in Onancock. Several of the compositions to be performed at that concert will be studied during class sessions.

Class Limits: Minimum 5, Maximum 20

Pianist Lee Jordan-Anders is Professor of Music and Artist-in-Residence Emeritus at Virginia Wesleyan University in Norfolk, VA, where she served on the faculty for twenty-nine years, teaching classes in aesthetics, listening, music theory, chamber music, and applied piano. Lee was the Music Director and Conductor of the Orchestra of the Eastern Shore from 2009 to 2014 and taught at the Governor's School for the Arts in Norfolk from 2014 until 2019. She continues to perform frequently both as a soloist and collaborating pianist.

THE HARP IN THE AMERICAS

Instructor: Jorge L. Díaz-Herrera (JLDIAZH28@gmail.com)

In this class you will be able to get a general understanding of the history of the harp in the world from ancient times through today, and particularly its proliferation in the Americas. You will also gain a basic understanding of the different types of harps and learn the difference between a diatonic vs. a chromatic musical instrument. Material will be presented using a slide show and live demonstrations. The last session will consist of a recital of Venezuelan harp music.

Two Sessions: Wednesdays, March 15 and 22, 10:30–11:45 a.m.

Location: Commonwealth Senior Living, 23610 North St., Onancock

Optional Cost: Printed copies of the slide presentations will be available for purchase from the instructor.

Class-size limits: Minimum 5, Maximum 25

Jorge L. Díaz-Herrera grew up in Venezuela where the harp is the national instrument. He learned to play it from an early age. Living in the USA since 1983, he has formed several groups who play folk music from South America. Today he gives solo recitals aided by accompaniment instruments from his computer. He is an experienced educator retired from high-level positions in higher education.

PHOTOGRAPHY: TAKING CONTROL OF YOUR DIGITAL CAMERA

Instructor: Helen Putre (hputre2@gmail.com)

You set your digital camera to Auto because all those dials, buttons, and menus are

mysterious and daunting. Usually you're satisfied with the results, but sometimes the picture you get isn't at all what you were hoping for.

Is that a description of the relationship between you and your digital camera? If it is, then this course can take you off Auto and teach you to use the controls on your camera to put you, not the camera, in charge of the photographic process and the results.

Four Sessions: Wednesdays, March 1, 8, 15, and 22, 10:00–11:30 a.m.

Location: Northampton Free Library, 7745 Seaside Rd., Nassawadox

Note: This course focuses on digital DSLRs and mirrorless cameras. It does NOT cover cell phones or film photography.

Class Limits: Minimum 2, Maximum 6

Helen Putre has been fooling around with cameras since she was a teenager, but she didn't become serious about photography until 10 years ago when she inherited a fancy DSLR and didn't know anything about it except how to push the shutter button. Since then, she's learned a lot from other, more experienced photographers along with a lot of experimentation and practice with her camera. She enjoys sharing what she's learned and helping others to expand their own photographic horizons.

PHOTOGRAPHY: LEARNING TO PROCESS YOUR PHOTOS

Instructor: Helen Putre (hputre2@gmail.com)

Students will learn how to do basic image editing. Techniques may include, but not necessarily be limited to: cropping, resizing, straightening, adjusting exposure and color, dealing with highlights and shadows, sharpening, reducing noise/graininess, removing dust spots and other unwanted elements, and inserting new elements. Exact content will be determined by what students want to learn to do. The techniques will be demonstrated using Adobe Photoshop Elements 2023 on images supplied by either the instructor or class members.

Four Sessions: Wednesdays, April 5, 12, 19, and 26, 10:00–11:30 a.m.

Location: Northampton Free Library, 7745 Seaside Rd., Nassawadox

Note: Although it's possible to learn the concepts without "playing" with them during class, the greatest benefit will be gained from class time if you bring your laptop to class with you so you can practice as the instructor demonstrates. A couple of days before the first class, download and install a 30-day free trial copy of Adobe Photoshop Elements 2023 from the Adobe website.

Class Limits: Minimum 2, Maximum 10

Helen Putre admits that she enjoys post-processing her photos as much as, or possibly more than, she enjoys taking them. She's learned basic editing techniques, as well as some more advanced ones, from watching others demonstrate them and then spending a lot of time practicing and experimenting with what she's seen demonstrated.

TRY IT OUT! METHODS IN WAX SCULPTING WITH GUY SHOVER

Instructor: Guy Shover (Guyshover3@gmail.com)

Students will learn about the different types of waxes to sculpt with and various methods used to work with the wax. Students will be given basic tools along with ideas for jewelry casting and model making.

Four Sessions: Mondays, March 27, April 3, 10, and 17, 10:00 a.m.–noon

Location: Room 109, Historic Onancock School, 6 College Ave., Onancock

Note: Bring an apron to protect your clothes from getting warm wax on them.

Class Limits: Minimum 5, Maximum 5

Guy Shover has been working with wax since 1989. He has mastered the method of casting wax and uses it as his primary sculpting medium for making maquettes in various sizes for the process of casting in bronze through the lost wax method. He was the master wax caster at Turner Sculpture in Melfa, VA, Virginia Art Castings in Tasley, VA, and River Dog Bronze Foundry in Chimacum, WA.

FUN WITH WATERCOLOR

Instructor: Susan McGuire (susan.mcguire1@icloud.com)

Let's debunk the myth that watercolor is hard! Together we will put paint and water on paper with a brush and turn out magnificent work that is all your own. After four weeks you will gain the confidence to continue on your own with great results. all up to you.

Four Sessions: Fridays, April 7, 14, 21, and 28, 9:00–10:30 a.m.

Location: Eastern Shore Community College

Materials: Bring masking tape, a gaterboard or cardboard piece about 16×20" to use as a board, a clear plastic or glass jar (about large peanut butter size) and a roll of paper towels. All painting supplies will be provided.

Materials Fee: \$45, payable to instructor on the first day of class.

Note: As the information is progressive and accumulative, the instructor asks that you

please not register if you cannot attend all four sessions. Taking the time to catch people up to speed is not fair to the others.

Class Limits: Minimum 8, Maximum 10

Susan McGuire has been painting for more than 30 years, taking many courses over that time. She exhibits and sells her watercolors locally and online.

WE LOVE NATURE

THE BIOLOGY AND ECOLOGY OF MARINE ORGANISMS

Instructor: Edward O. Murdy (eomurdy@yahoo.com)

This class focuses on 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 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: Fridays, April 7, 14, 21, and 28, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Class Limits: Minimum 12, Maximum 24

Dr. Murdy received a B.S. and a M.S. in Biology from Old Dominion University and a Ph.D. in Wildlife & Fisheries Sciences from Texas A&M University. He has approximately 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.

WHAT'S BUGGING YOU?—ENTOMOLOGY 101

Instructor: Marilyn Ailes (imailes@verizon.net)

This class will be a casual introduction to the world of “bugs,” including anatomy, taxonomy, variety, behavior, and pest control. “Bugs” such as spiders and ticks are included.

Four Sessions: Fridays, February 17, 24, March 3, and 10, 9:00–10:45 a.m.

Location: Eastern Shore Community College

Class Limits: Minimum 6, Maximum 25

Marilyn Ailes has been interested in insects since at least 9 months of age. Her Ph.D. in ecology was based on a study of mosquito breeding and population size predictions around Wallops Island. She worked for the Navy at Wallops for 28 years, where she was known as the "Bug Lady."

BLACKWATER PADDLING ON THE UPPER POCOMOKE RIVER

Instructors: Ken and Sandy Schultz (Ken@kenschultz.com)

Paddlers of all abilities can enjoy a delightful afternoon on the lightly traveled Pocomoke River north of Snow Hill, MD, leisurely paddling on high tide or with the tide almost the entire way. There will be no whitewater or rapids, and more than half of the paddling will be done within sheltered confines of the narrow upper Pocomoke River. Learn river paddling; trip planning, shuttle and transport issues; paddling techniques; safe boat handling; and nature observation in a cypress-flanked blackwater river.

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: Friday, April 28. Instructors will be in touch with participants closer to the time to determine exact meet-up time.

Location: Meet at Byrd Park, 400 Deighton Avenue, Snow Hill, Maryland 21863

Equipment Needed: Canoe or kayak, life jacket (PFD) and paddle. Ken and Sandy have a tandem kayak and two single kayaks with gear they can loan on a first-come first-served basis. They also have a trailer and can help with transportation of boats from the Accomac area. Arrangements must be made in advance.

Note: The distance to be paddled is approximately 6 miles, with no public restroom along the way, and the trip will be at least four hours. While this is not a difficult outing for most individuals, if you have health issues or are unsure of your ability to paddle this distance, you probably should not participate. A general liability waiver form must be signed to participate. Please discuss concerns with leaders in advance.

Class Limits: Minimum 5, Maximum 20

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. This will be their twelfth ALL kayaking trip, and they've led many paddling adventures locally as well as in New York and Florida.

A VISIT TO THE SUBARCTIC: THE LIFECYCLE OF THE POLAR BEARS

Instructors: Jan and Bob Andrejco (Rjandrejco@gmail.com)

Jan and Bob toured Winnipeg and Churchill, Manitoba, Canada, in the Fall of 2022 with Natural Habitat Adventures. They will share information about how polar bears live, with information from the World Wildlife Foundation, some customs of the Inuit, and stories about Canada. Photos and videos will accompany their talk. Get ready to sit back and enjoy this most powerful and beautiful marine mammal.

One Session: Friday, May 19, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Note: Those attending can bring their lunch to enjoy during the talk.

Class Limits: Minimum 4, Maximum 20

Jan and Bob enjoy adventure traveling and photographing their experiences. They have traveled to Africa, Costa Rica, Sweden, Italy, Alaska, Canada, Jamaica, Ireland, Germany, Prague and Czech Republic, and US states in between. Now retired they only hope to add to the list of their adventures.

NATURE EXPLORATIONS SERIES

This semester, The Academy for Lifetime Learning is excited to offer Academy members several Master Naturalists' guided tours of our area's nature preserves as well as two additional tours conducted by The Nature Conservancy. A separate registration is required for each tour in the series.

In addition, at the end of the class descriptions for our own series of tours, you will find information about guided tours of Fisherman Island that are available from October-February through the U.S. Fish and Wildlife Service.

NATURE-BASED SOLUTIONS FOR COASTAL RESILIENCE: MARSH ISLAND NEAR WACHAPREAGUE

Instructor: Margaret Van Clief (mvanclief@tnc.org)

Many communities on ESVA are experiencing effects of climate change, including marsh and shoreline erosion caused by increased daily wave activity even on a “normal” weather day. The Nature Conservancy, with funding from the National Fish & Wildlife Foundation, is working with partners to restore and protect a marsh island east of Wachapreague using a variety of different oyster restoration techniques. Students will enjoy a presentation on the progress during the first two years of the project and a short boat trip to tour the restoration site on foot.

One Session: Thursday, March 16, 9:30 a.m.–midday

Location: Wachapreague, VA

Notes: (1) This is a boat ride to the marsh island outside of Wachapreague. Students should dress for the weather, keeping in mind that temperatures are always colder on the water. The boat ride from Wachapreague to the marsh island should take no longer than 15 minutes, and then we will explore the island on foot for about 45 minutes. **(2)** Boots/waders/other waterproof shoes that will stay on your feet in mud and on uneven salt marsh terrain are required. Life jackets will be required and provided, but students are welcome to bring their own. Also bring drinking water and snacks. **(3)** There will be no restroom facilities available.

Class Limits: Minimum 6, Maximum 8

Margaret Van Clief, outreach & education coordinator for The Nature Conservancy's (TNC) Virginia Coast Reserve, is the community engagement lead on the Wachapreague marsh restoration project. She works with community members ranging from the local town council to ACPS & NCPS high school students and teachers attending TNC field experiences on Parramore Island to raise awareness and support for the use of nature-based solutions in coastal resilience and adaptation to the effects of climate change. Margaret also worked as a marine field technician on TNC's oyster restoration project before signing on in her current full-time position in 2015.

COASTAL RESILIENCE AND THE HORSE ISLAND TRAIL

Instructor: Margaret Van Clief (mvanclief@tnc.org)

Coastal resilience is a topic increasingly on the minds of people connected to the Eastern Shore, and The Nature Conservancy (TNC) and partners are

deeply involved in finding ways to help our communities adapt to changing environmental conditions. Students will explore the public Oyster Village Horse Island Trail with TNC staff and enjoy a discussion of the global importance of community engagement in coastal resilience and adaptation planning at the local level.

One Session: Wednesday, March 22, 1:00–3:00 p.m.

Location: Oyster, VA – Participants will be notified of exact meeting point prior to the class. It will be either the Horse Island trailhead or the field adjacent to the harbor and marine restoration facility.

Notes: (1) Class will take place outdoors along the unimproved shoreline trail and parts of Oyster Harbor. Students should dress appropriately for the weather. Instructor will be in touch beforehand with forecast, attire recommendations, and meeting location. Bring drinking water and snacks. **(2)** There will be no restroom facilities available. **(3)** The trail is unimproved and consists mostly of loose shell and sand, so unfortunately, that portion of the class is not ADA-Accessible. There is an ADA-Accessible viewing platform and parking spot at the trailhead, which is always open to the public, sunrise to sunset.

Class Limits: Minimum 5, Maximum 15

Margaret Van Clief is the Outreach & Education Coordinator for The Nature Conservancy's (TNC) Virginia Coast Reserve, based at Brownsville Preserve in Nassawadox. Margaret has been engaging with the community of Oyster for several years to provide more public access to TNC properties in the area and to help lay the groundwork for a community-driven coastal resilience & adaptation plan for the village, cited in Virginia's Coastal Resilience Master Plan.

MAGOTHY BAY NATURAL AREA PRESERVE NATURE WALK

Instructor: Frank Renshaw (frenshaw@verizon.net)

This will be a walk through the 445-acre preserve that encompasses woodlands, forested wetlands, and an extensive salt marsh on the southern tip of Virginia's Eastern Shore. A 3-mile walking trail loops through the migratory songbird habitat restoration area, into a maritime forest and onto a dike overlooking an extensive salt marsh, barrier islands, the Cape Charles Lighthouse in the distance, and the Atlantic Ocean. These natural communities provide habitat for waterfowl, shorebirds foraging in the salt

marsh, migratory birds in the woodlands, and raptors soaring in search of prey. The preserve is also home to a variety of reptilian species, white-tailed deer and small game.

One Session: Tuesday, May 16, 10:00 a.m.–noon

Location: Magothy Bay Natural Area Preserve, 4829 Bulls Drive, Cape Charles. Parking available at the preserve entrance.

Notes: (1) The nature walk will begin at the preserve parking area located at the entrance to the preserve. Wear breathable hiking gear. Bring insect repellent, drinking water, and binoculars or scope for bird viewing. **(2)** There are no restroom facilities at the preserve.

Class Limits: Minimum 5, Maximum 20

Frank Renshaw is leader of the Volunteer Stewardship Committee for the Magothy Bay Natural Area Preserve and Past President of the Eastern Shore Chapter, Virginia Master Naturalists.

SAVAGE NECK NATURAL AREA PRESERVE

Instructor: Mimi Stitt (mimistitt@gmail.com)

The group will be given a brief history of the Savage Neck Dunes Natural Area Preserve area and the transition from fields to upland woodland. The preserve includes maritime forests and dunes along the Chesapeake Bay. This guided walk is about two hours out to the beach, along the trails, and back to the parking area. We will try to identify the plants, birds, and other wildlife encountered during the walk.

One Session: Thursday, May 18, 8:30–11:00 a.m.

Location: Savage Neck Dunes Natural Area Preserve, Savage Neck Road, Eastville.

Notes: (1) Dress appropriately. Bring bug spray, sunscreen, and water. Boots are preferred in case of the presence of ticks. Closed-toed shoes and socks are a MUST. Binoculars will be useful for bird and animal sightings. You will wish you had brought a camera. **(2)** There are no restroom facilities available. **(3)** Parking is very limited; please carpool when possible.

Class Limits: Minimum 6, Maximum 12

Mimi Stitt is an Eastern Shore Master Naturalist volunteer who has assisted the

Virginia Department of Conservation & Recreation (DCR) for five years as the chapter's Stewardship Chairman for this preserve. She enjoys walking the preserve and observing the wildlife and changes of the seasons.

WALKING TOUR OF THE EDWARD S. BRINKLEY PRESERVE

Instructor: Martina Coker (Nason89@aol.com)

Attendees will learn about the varied habitats at the Edward S. Brinkley Preserve, along with the history of the development of this site as a public preserve. A guided walk will allow all to enjoy the flora and fauna found on site.

One Session: Saturday, May 20, 9:00–11:00 a.m.

Location: Meet in parking lot of the Edward S. Brinkley Preserve. This is located across the street from 20190 Seaside Road, Cape Charles.

Notes: (1) Wear comfortable walking shoes, sun screen and insect repellent. **(2)** There is no restroom on site.

Class Limits: Minimum 5, Maximum 15

Martina Coker is a Master Naturalist and is the site coordinator for Master Naturalist Stewards at the Edward S. Brinkley Preserve

VISIT TO MUTTON HUNK NATURAL AREA PRESERVE

Instructors: Maggie Long (maggie.long55@gmail.com) and Brenda Proist (bbioqueen@aol.com)

Participants will walk the trails of Mutton Hunk Fen Natural Area Preserve with Master Naturalist guides. You will receive information about this preserve and its transition from commercial agricultural fields to its habitat for wildlife today. During this approximately mile-and-a-half walk your guides will help you identify plants, birds, and other animals in the area.

One Session: Wednesday, May 24, 8:30–10:30 a.m.

Location: Mutton Hunk Natural Area Preserve, Baker Road (off Metompkin Drive, off Hwy. 13, near Parksley)

Notes: (1) Wear a hat, long sleeved shirt, long pants, socks, and closed-toe shoes to protect against insects. Use mosquito spray on exposed skin and tick spray on clothing. **(2)** There are no restroom facilities.

Class Limits: Minimum 2, Maximum 15

Maggie Long and Brenda Proist are certified Eastern Shore of Virginia Master Naturalists. They are on the stewardship committee for the preserve. The Virginia Master Naturalists are the stewards for all the Natural Area Preserves (NAP) that have visitation.

Tour on Your Own in the Winter:

Fisherman Island National Wildlife Refuge is located on the southernmost barrier island, at the mouth of the Chesapeake Bay, and is separated from the Eastern Shore of Virginia by about one-half mile of water. Because of the critical nature of its habitats for wildlife, Fisherman Island is closed to the public. However, guided tours given by rangers of the U.S. Fish and Wildlife Service are offered on Saturdays from October – February and can be arranged by calling Park Ranger Seth or Interpretive Intern Hunter at 757-607-7795 (cell) or 757-331-3425 (Refuge Visitor Center).

MIND CANDY

BITE-SIZED BOOK CLUB

Instructor: MaryKay Mulligan (grammarrules@verizon.net)

Too busy for a long book? Join a book club that reads short stories. We will read two or three a week and enjoy, react, and analyze.

Five Sessions: Friday, March 3, 10, 17, 24, and 31, 1:30–3:00 p.m.

Location: Commonwealth Senior Living, 23610 North St., Onancock

Materials: *Best American Short Stories of 2022*, edited by Andrew Greer. The book is available locally at The Book Bin in Onley, or it can be ordered online.

Class Limits: Minimum 6, Maximum 12

MaryKay Mulligan is a reader, a writer, a teacher, and a sociologist. She loves words.

CREATIVE WRITING: FINDING YOUR VOICE

Instructor: Stephen Whitaker (esteph20@gmail.com)

Students will workshop original written works of poetry, creative nonfiction, short fiction, and plays and discuss their work.

Seven Sessions: Thursdays, February 16, 23, March 2, 9, 16, 23, and 30, 4:00–5:30 p.m.

Location: Eastern Shore Community College

Materials: Word processor/computer/tablet, etc.; pen; paper; email; a good attitude.

Class Limits: Minimum 5, Maximum 12

Stephen Whitaker's poetry, essays and fiction have appeared in journals such as *The Rumpus*, *The Maine Review*, *Fourteen Hills*, and *The Michigan Quarterly Review*. He is the author of *Mulch*, from Montag Press.

LOOSEN UP! TAKE A CHILL PILL!

Instructor: Peggy Swan (Peggyswan@verizon.net)

Our family members and spouses have been telling us to lighten up for years. So, let's try a few strategies to tackle that goal—in a humorous, lighthearted, comfortable atmosphere. In this class, you will learn 22 strategies to reduce your stress level (some a little nuttier than others), as compared to the 11 recommendations suggested by the Mayo Clinic! Classes will be interactive as we practice some of the methods during class time.

Four Sessions: Tuesdays, March 7, 14, 21, 28, 10:00 a.m.–noon

Location: Instructor's home near Onancock (directions will be emailed to students before the first class)

Class Limits: Minimum 5, Maximum 12

Peggy Swan is a licensed marriage and family therapist with 32 years of counseling experience and many years of managing life's stressors (e.g. siblings, adolescence, school, marriage, in-laws, divorce, remarriage, step-parenting, child rearing, moving, career, deaths, Christmas, weight loss yo-yoing, late-in-life romance, and memory, eye, dental, dermatological, gynecological, podiatric, and audiological problems—to name a few).

PRACTICAL MATTERS

LEARN MORE ABOUT YOUR APPLE IPHONE

Instructor: Nancy S. Campbell (nscamp36@gmail.com)

Did you just get an iPhone or have you had one for a while? Learn the basics and share

your knowledge in this interactive workshop. You'll learn basic information and "tricks" about your iPhone.

One Session: Friday, February 17, 10:45 a.m.–12:15 p.m.

Location: Eastern Shore Community College

Equipment: Bring your iPhone.

Class Limits: Minimum 5, Maximum 10

The instructor has a doctorate in education and her most recent work experience was at Delaware Technical Community College. When she was an instructor there, she was required to keep current with technology. Since acquiring an iPhone, she has become proficient in its use.

PREPARING FOR THE FUTURE WITH A CURRENT ESTATE PLAN

Instructor: Ginny Brown, Esquire (Paralegal@vebrownpc.com)

Plan for tomorrow. Enjoy today. Attorney Ginny Brown grew up in Melfa on the Eastern Shore and continues to serve our community by visiting twice each month to talk about estate planning, trusts, will, and powers of attorney. These are topics everyone should review every few years or after a life-changing event. Ginny helps people create comprehensive plans that suit their present and future needs to protect their family and secure their future. This a must-hear presentation to make sure you have your affairs in order.

One Session: Thursday, March 9, 10:00–11:30 a.m.

Location: Eastern Shore Chamber of Commerce Conference Room

Materials: Bring paper and pencil to take notes.

Class Limits: Minimum 2, Maximum 14

Ginny Brown has been practicing estate planning and elderly law for many years. Ginny graduated from George Mason School of Law. Prior to starting her own law firm, she was the managing attorney for TrustBuilders Law Center in Yorktown, VA. Ginny is also a Certified Financial Planner. Although she does not prepare financial plans for clients, the additional education and designation adds further background and knowledge to compliment her law practice. She offers Medicaid planning where appropriate for asset protection. Ginny has an impressive list of service with many professional and community organizations including the Board of Directors for Camp Silver Beach, the Citizens' Committee to Protect the Elderly, and the Virginia Beach and Peninsula Task Force on Aging.

YOUR BODY-SHOP: AN INTERACTIVE MOVEMENT SESSION

Instructor: Linda Lang (lindalang@theopen-door.com)

Let's assume that at our age, everyone's body has some worn-out or replacement parts, some needs for adjustments: a tune-up! Bring your body to these programs to learn easy and effective ways to prevent or manage difficulties arising from arthritis, cardio-vascular disease, dementia, and other degenerative conditions. Part-by-part—muscle, bone, and joint—explore beneficial movements to maintain and build strength. Balance, flexibility, fall prevention, and maintaining posture are highlights. Everyone will begin seated in a chair, and we'll take it from there.

Two Sessions: Wednesdays, April 19 and 26, 1:30–3:00 p.m.

Location: Historic Onancock School, 6 College Ave., Onancock

Note: Dress in loose fitting clothes. Prepare to be in socks or in bare feet please.

Class Limits: Minimum 12, Maximum 30

Linda Lang is a yoga therapist dedicated to teaching medical advocacy and self-care as the path to staying stronger longer and brings current research and ancient wisdom into her classes. Informed by a career in integrative medicine, her teachings have long-lasting effects, bringing a sense of hope and optimism to people yearning for information and techniques to conquer difficult diagnoses.