



## The Academy for Lifetime Learning 2024 Spring Semester Course Catalog

### SATISFYING YOUR ARTISTIC APPETITE

#### Bite-Sized Book Club

Instructor: MaryKay Mulligan ([grammarrules@verzon.net](mailto:grammarrules@verzon.net))

Too busy for a long book? Join a book club that reads short stories. We will read two or three short stories a week to analyze, react, and enjoy. By popular demand, this semester we will read MYSTERIES!

- **Five Sessions:** Fridays, March 15, 22, and 29, and April 5 and 12, 1:30 – 3:00 p.m.
- **Location:** Commonwealth Senior Living, North Street, Onancock
- **Materials Needed:** Book: *The Best American Mystery Stories 2020*, editor CJ Box, available at the Book Bin and online.
- **Class Limits:** Minimum 5, Maximum 8

*MaryKay Mulligan is a reader, a writer, a teacher, and a sociologist. She loves words and mystery. She is a founding member of The Adventuresses of Sherlock Holmes.*

#### Flavors: Secret, Magic Ingredients

Instructor: MaryKay Mulligan ([grammarrules@verzon.net](mailto:grammarrules@verzon.net))

Did you ever cook something that SHOULD HAVE BEEN yummy, but it just wasn't right? Meet the magic ingredients that turn *blah* into *wow*. This class is a cooking demonstration with some class participation. Join in the fun in MaryKay's kitchen.

- **Two Sessions:** Wednesdays, March 20 and 27, 10:00 a.m.-Noon
- **Location:** Instructor's home in Onancock. Directions will be provided before the first class meeting.
- **Materials Needed:** Bring an apron and a sense of adventure.
- **Class Limits:** Minimum 3, Maximum 5

*MaryKay Mulligan is a reader, a writer, a sociologist, and a fearless cook. She loves words and mystery. She is a founding member of The Adventuresses of Sherlock Holmes.*

#### The Art of Floral Design: Foam-Free Flower Designs

Instructor: Cyndi Downing ([cannonpoint@verizon.net](mailto:cannonpoint@verizon.net))

The newest trend in floral design is designing foam free. Help our environment and come see "green" products and learn the techniques that will make your design "green" and foam free.

- **One Session:** Thursday, April 11, 1:00-4:00 p.m.

- **Location:** Cyndi Downing's studio near Onancock
- **Materials Needed:** clippers, 5" glass cube, a compote style container, 7-9 stems of greenery from a garden, 7-9 stems of assorted flowers from either grocery stores, garden, or florist.
- **Materials Fee:** \$5 for additional materials which instructor will supply. (Add to your \$25 semester membership fee and include with your total payment.)
- **Class Limits:** Minimum 1, Maximum 8

*Instructor information follows The Art of Floral Design: East Meets West.*

### **The Art of Floral Design: East Meets West**

*Instructor:* Cyndi Downing ([cannonpoint@verizon.net](mailto:cannonpoint@verizon.net))

In this class you will learn how to use Eastern mechanics in Western style designs. Learn the tips and tricks of using a *kenzan* (flower frog) and fixation to create a Western style design.

- **One Session:** Thursday, April 18, 1:00-4:00 p.m.
- **Location:** Cyndi Downing's studio near Onancock
- **Materials Needed:** 2½-3" *kenzan* (flower frog), low container, tall vase (at least 7", clippers, 7-9 stems of greenery from a garden and 7-9 stems flowers from either grocery store, florist. or garden.
- **Materials Fee:** \$5 for additional materials which instructor will supply. (Add to your \$25 semester membership fee and include with your total payment.)
- **Class Limits:** Minimum 1, Maximum 8

*From childhood, Cyndi Downing has been surrounded by flowers and flower arrangers. She has learned the art of flower design from local practitioners and professional floral designers. Cyndi loves sharing what she has learned with others and seeing them get excited about floral design. She appreciates that British designers always include something unexpected in a design and the discipline and minimalism of Eastern floral design. Recently Cyndi took on a bucket list item: a floral design journey to study the art of ikebana. It changed her floral design life.*

### **Fun with Watercolor**

*Instructor:* Susan McGuire ([susan.mcquire1@icloud.com](mailto:susan.mcquire1@icloud.com))

Overcome your fear of using watercolors in this four-week class. You will learn the basic rules of color, value, and composition so you will know which rules to break! Face that blank page and have fun! No experience necessary, even preferred.

- **Four Sessions:** Thursdays, May 2, 9, 16, and 23, 10:00–11:30 a.m.
- **Location:** In the Art League room (#104) at the Historic Onancock School, 6 College Street, Onancock
- **Materials needed:** 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.
- **Materials Fee:** \$45 for additional materials which instructor will supply. (Add to your \$25 semester membership fee and include with your total payment.)
- **Note:** Dress comfortably in clothes you don't mind getting paint on.
- **Class Limits:** Minimum 4 , Maximum 6

*Susan McGuire has been painting for more than 30 years, taking many art courses along the way. She has been teaching for the past 10 years.*

### **Fabulous French Films: Double Feature**

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

We will watch and discuss two French movies: *Jean de Florette* and the sequel, *Manon of the Spring*.

- **Three Sessions:** Tuesdays, February 20, 27, and March 5, 10:00 a.m. – Noon
- **Location:** Peggy Swan's home near Onancock. Directions will be emailed to participants before the session.
- **Class Limits:** Minimum 4, Maximum 8

*Peggy Swan is a former French teacher, avid Francophile, and devotee of psychological intrigue.*

### **Mostly Mozart: The Life and Music of Wolfgang Amadé**

*Instructor:* Lee Jordan-Anders ([ljordananders@gmail.com](mailto:ljordananders@gmail.com))

The catalog of Mozart's compositions includes over 800 titles encompassing virtually every genre of the Classical era. This remarkable output took place over the short span of 35 years. In this class we'll explore his symphonies, concertos, operas, and chamber music within the context of his brief life. In addition to Mozart's music, we will hear compositions by Mozart's father Leopold, C.P.E. Bach, Haydn, and Mozart's sister Nannerl.

- **Three Sessions:** Fridays, February 9, 16 and 23, 10:45 a.m. – 12:15 p.m.
- **Location:** Eastern Shore Community College
- **Class Limits:** Minimum 8, Maximum 18

*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 29 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.*

### **Photography: Post-Processing Your Photos**

*Instructor:* Helen Putre ([hputre2@gmail.com](mailto:hputre2@gmail.com))

Students will learn how to do basic image editing. Techniques may include, but will 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 2024 on images supplied by either the instructor or class members.

- **Four Sessions:** Mondays, April 1, 8, 15, and 22, 2:00 – 3:30 p.m.
- **Location:** Eastern Shore Regional Library, 24313 Bennett Street, Parksley

- **Materials Needed:** Although it's possible to learn the concepts without "playing" with them during class, the greatest benefit will be gained from class time if students bring their laptops to class to 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 2024 from the Adobe website (<https://www.adobe.com/products/photoshop-elements.html>). Be aware that this is a large file and takes a considerable amount of time to download. Plan accordingly, especially if you're working with a slow Internet connection.
- **Class Limits:** Minimum 2, Maximum 6

*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 time practicing and experimenting with what she's seen demonstrated.*

### Better Phone Photography

*Instructor:* Marina Pierce ([marina.photobythebay@gmail.com](mailto:marina.photobythebay@gmail.com))

This 3-hour class will teach you how to take and edit better photos on the phone you already have. While the slides shown in class are built around the iPhone, any model phone camera can be used in the class. This class does not teach specifics for DSLR cameras.

- **One Session:** Wednesday, April 10, 9:00 a.m. – Noon
- **Location:** Local-ISH Art, 22 Strawberry Street, Cape Charles
- **Materials Needed:** The student will need a working cell phone with camera. Bringing the charging cord is recommended as the phone will be used continuously for the full three hours of the class. It would be helpful to bring something to take notes with.
- **Class Limits:** Minimum 3, Maximum 8

*Marina Pierce is a local wildlife photographer and author based in Cape Charles, VA. Her art prints and book are on exhibit at Local-ISH Art in Cape Charles. Having started her photographic journey with her phone, she believes strongly in the idea that the best camera is the one in your hand.*

### Intro to Theatre 101

*Instructor:* Terry Bliss ([northstreetplayhouse@verizon.net](mailto:northstreetplayhouse@verizon.net))

Explore the various aspects of theatre production, beginning with theatre history in general and on the Eastern Shore, and culminating with a reader's theatre presentation, incorporating the skills explored in earlier classes. Classes will include information on acting methods, the director's job, and other areas of production, as well as an opportunity to put some of the skills into practice.

- **Five Sessions:** Wednesdays, March 6, 13, 20, 27, and April 3, 2:30 – 4:00 p.m.
- **Location:** The North Street Playhouse, Onancock.
- **Note:** We will be using scripts. The titles will be determined depending on class size and enrollment.
- **Class Limits:** Minimum 5, Maximum 10

*Terry Bliss is the founder and executive/artistic director of the North Street Playhouse. She has directed over a hundred productions and performed in several. She is still learning new theatre skills with every production, and appreciates every opportunity to share her love of theatre.*

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## EXPLORING NEW PLACES AND PERSPECTIVES

### Eastern Shore History

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

Fascinated by the history of the Eastern Shore of Virginia?

If you are, you won't want to miss this opportunity to hear local historian Dennis Custis (himself a descendant of one of the Shore's most prominent early families and an expert on the history of our unique "land between two waters.")

His topic for this course will be The Eastern Shore, the Revolutionary War, and the Creators of the Constitution. Custis has extensive knowledge of the Shore's story from its earliest days up to the present, and his informative and entertaining lectures always draw appreciative audiences.

- **One Session:** Friday, March 22, 9:00-10:30 a.m.
- **Location:** Eastern Shore Community College
- **Class Limits:** Minimum 15, Maximum 25

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

### Getting the Most Out of Your Library

*Instructor:* Miranda Wisor ([mwisor@espl.org](mailto:mwisor@espl.org))

Participants will receive a detailed tour of the new library and learn about the variety of educational and entertainment resources available in physical and digital formats from their library. Attendees will also learn about the robust collection of primary resources available from the Heritage Center.

- **One Session:** Thursday, April 25, 10:00 a.m.- Noon
- **Location:** Eastern Regional Library and Heritage Center, 24313 Bennett St. Parksley
- **Note:** If students have library cards and a personal device (cell phone, iPad, Kindle, or laptop), they are welcome to bring those to receive help accessing digital services available from the library. These devices are not necessary to attend.
- **Class Limits:** Minimum 1, Maximum 10

*Miranda Wisor is the Director of the Eastern Shore Public Library System. She holds a Masters Degree in Information and Library Sciences from Clarion University and has worked in academic and public libraries for 20 years.*

## Guided Nature Walks

### Edward S. Brinkley Preserve Nature Walk

*Instructors:* Martina Coker and Paul Anderson ([Nason89@aol.com](mailto:Nason89@aol.com))

This walk will take students through the varied habitats at the Edward S. Brinkley Preserve, observing flora and fauna on the freshwater lake, in the meadows, along the forested paths, and along the shoreline viewed from a seaside platform. The students will learn about the development of this Northampton County owned preserve. There will be many opportunities to identify plants and animals with the assistance of the Master Naturalist guides. Students might want to take advantage of photography opportunities.

- **One Session:** Saturday, April 27, Noon- 2:00 p.m.
- **Location:** Edward S. Brinkley Preserve 20199 Seaside Road, Cape Charles, VA (Just north of the Northampton County Landfill)
- **Notes:** (1)There are no restroom facilities at the preserve. (2)Parking is available at the entrance of the Preserve. Please carpool if possible. (3)Please wear sturdy shoes. Bring water and wear insect repellent. You may want to bring binoculars, but this is not required. The guides will have a spotter scope for viewing waterfowl.
- **Class Limits:** Minimum 5, Maximum 20

*Martina Coker and Paul Anderson are both Eastern Shore of Virginia Master Naturalists and are part of the stewardship team for the Edward S. Brinkley Preserve.*

### Magothy Bay Natural Area Preserve Nature Walk

*Instructors:* Frank Renshaw and David Boyd ([freashaw@verizon.net](mailto:freashaw@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 three-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 on Smith Island 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 14, 9:00 – 11:30 a.m.
- **Location:** Magothy Bay Natural Area Preserve 4829 Bulls Drive Cape Charles
- **Materials:** Students do not need to supply any materials. Background information about the Preserve and wildlife/vegetation species will be provided by the instructors.
- **Notes:** (1)Parking is available at the Preserve entrance. Please carpool if possible. (2)There are no restroom facilities at the preserve. (3) Students should wear long-sleeved shirts, full length trousers, closed-toe shoes, a hat or cap, and insect repellent to walk the trail at the Preserve. Attendees should be aware that they need to be capable of walking the Preserve's loop trail which is approximately three miles in length over flat terrain.
- **Class Limits:** Minimum 5, Maximum 20

*Frank Renshaw leads the Volunteer Stewardship Committee for the Magothy Bay Natural Area Preserve and is a past president of the Eastern Shore Chapter, Virginia Master Naturalists.*

*David Boyd will join Frank in hosting the walking tour of the Preserve. David is an Eastern Shore Virginia Master Naturalist and Virginia Master Gardener. He has worked in natural resource conservation at the University of Virginia Eastern Shore Research Laboratory and at Kiptopeke State Park.*

### **Mutton Hunk Natural Area Preserve Nature Walk**

*Instructor: Kellie Piekarsky ([kellie.piekarsky@verizon.net](mailto:kellie.piekarsky@verizon.net))*

Participants will walk the trails of this Mutton Hunk Fen Natural Area Preserve with Master Naturalist guides. They 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 the guides will help identify plants, birds, and other animals in the area.

- **One Session:** Thursday, May 16, 9:00 – 11:30 a.m.
- **Location:** Mutton Hunk Natural Area Preserve, 28583 Baker Road, Parksley
- **Notes:** (1)Parking is available at the entrance of the Preserve. Please carpool if possible. (2)There are no restroom facilities. (3)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.
- **Class Limits:** Minimum 5, Maximum 18

*Kellie Piekarsky is a Virginia Master Naturalist and the leader of the Mutton Hunk Fen Natural Area Preserve Volunteer Stewardship Committee. She'll be accompanied by Joanne Laskowski, an expert birder and fellow Virginia Master Naturalist, as a co-guide.*

### **Savage Neck Dunes Natural Area Preserve Nature Walk**

*Instructor: Rose-Marie Roessler ([rosemarie.a.roessler@gmail.com](mailto:rosemarie.a.roessler@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 shoreline, 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 Sessions:** Monday, May 6, 9:00 – 11:30 a.m.
- **Location:** 2186 Savage Neck Rd. Drive, Cape Charles
- **Notes:** (1)Parking at the entrance of the preserve is limited. Please carpool when possible. (2)There are no restroom facilities available. (3)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.
- **Class Limits:** Minimum 6, Maximum 12

*Rose-Marie Roessler is a Virginia Master Naturalist and the leader of the Volunteer Stewardship Committee for the Savage Neck Dunes Natural Area Preserve. Maggie Long, an expert birder and fellow Virginia Master Naturalist, as a co-guide.*

### **Tour on Your Own in the Winter**

*The Virginia barrier island chain, including **Fisherman Island National Wildlife Refuge**, is one of only 17 sites in the United States classified as a "Wetland of International Importance."*

*This 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.*

*Fisherman Island National Wildlife Refuge is designated as an Important Bird Area and is constantly growing. In the late 1800's it was only 25 acres, while today it spans nearly 2,000 acres! Because of the critical nature of its habitats for wildlife, Fisherman Island is closed to the public. However, guided tours are offered on Saturdays from October – February (pre-registration required). To register call 757-331-3425 or 757-331-2760.*

### **A Holistic Approach to Health & Happiness through Acupuncture and Traditional Chinese Medicine**

*Instructor: Dr. Sarina Hrubesch ([wellstreamhealth@gmail.com](mailto:wellstreamhealth@gmail.com))*

This course will introduce students to Traditional Chinese Medicine (TCM) concepts and tools that will help them reduce stress and find better balance in life. Over the course of four one-hour sessions, students will learn about: (1) Stress: What it is as well as its physical and emotional impact; (2) TCM Thought: Understanding energy (Qi) flows and meridians; and (3) Holistic Tools: Qi Gong exercises, meditation, present moment awareness, and acupressure points and how these tools can help to achieve long-term health and happiness.

- **Four Sessions:** Wednesdays, April 3, 10, 17, and 24, 10:00 – 11:00 a.m.
- **Location:** Wellstream Healing & Acupuncture, 36322 Lankford Highway, Belle Haven
- **Materials needed:** Instructor will provide any materials needed.
- **Class Limits:** Minimum 5, Maximum 12

*Dr. Sarina Hrubesch holds a Doctoral degree in Acupuncture and Chinese Medicine, is certified by the National Certification Commission of Acupuncture and Oriental Medicine, and is licensed to practice in the Commonwealth of Virginia and the State of Florida. She moved from Florida to the Eastern Shore of Virginia in 2022, and established Wellstream Healing & Acupuncture in Belle Haven. Dr. Sarina offers Acupuncture and Chinese Medicine modalities to help restore clients' health and well-being, both physically and emotionally. Besides helping reduce pain, her focus is on stress-related and emotional issues.*

*Her passion for Chinese Medicine is based on her desire to help people achieve balance and reach their best selves. Earlier in her career, Dr. Sarina helped people grow and develop their skills and talents through roles in human resources. She has a degree in psychology from VA Tech and is also a certified Life Coach.*

### **How the Eastern Shore Grows: A Look at Farming Practices**

*Instructor: Lynn Gayle ([Lpgayle@icloud.com](mailto:Lpgayle@icloud.com))*

Did you ever notice the changing landscape on the Eastern Shore, especially as you drive Rt. 13 and the back roads? Fields are cleared, new crops pop through the soil, plants are ready to harvest, and then they are gone. It rarely looks the same from year to year: an ever-changing beautiful landscape.



Lynn Gayle has a wealth of knowledge to share about farming practices, crop rotation, conservation practices, equipment, and where the crops go. This is sure to be a dynamite presentation that will take the mystery out of our unique changing landscape of the Eastern Shore.

- **One Session:** Friday, February 16, 9:00 – 10:30 a.m.
- **Location:** Eastern Shore Community College
- **Class Limits:** Minimum 5, Maximum 22

*Lynn Gale is among one of the most active farmers in the Commonwealth and uses a cutting-edge approach to precision agriculture. Lynn left Virginia Tech and brought his horticulture knowledge to the Eastern Shore in the 1980's. Since then he increased his growing acreage to 2,500. He has used the resources from NCARS (North Carolina Agricultural Resource Service) and the ES SWCD (Soil and Water Conservation District) to continuously refine his skills and incorporate technology, to become an efficient, environmentally conscientious farmer.*

## SCIENCE AND TECHNOLOGY

### Demystifying Your Android Smart Phone

#### **Android Smart Phones Part 1: Texting**

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

This is the first in a series of three courses for Android users that will go beyond making and receiving phone calls. Class objectives will cover entering contacts, sending a text by voice or typing, forwarding and deleting text messages, and sending group messages.

The class will move slowly, allowing each participant to become familiar with each objective on his/her own phone.

- **One Session:** Friday, March 1, 9:00 – 11:00 a.m.
- **Location:** Eastern Shore Community College
- **Materials needed:** Students should bring their Android phones. Phone needs to be activated, charged, and able to receive calls.
- **Class Limits:** Minimum 2, Maximum 10

*Instructor information follows Part 3 of this series.*

#### **Android Smart Phones Part 2: Email, Voicemails, Calendar, and Calculator**

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

This is the second in a series of three courses for Android users that will go beyond making and receiving phone calls. Class objectives will cover sending and reading emails, listening to voicemails, and using the calendar and the calculator.

The class will move slowly, allowing each participant to become familiar with each objective on his/her own phone.

- **One Session:** Friday, March 8, 9:00 – 11:00 a.m.
- **Location:** Eastern Shore Community College
- **Materials needed:** Students should bring working Android phones. Phone needs to be activated, charged, and able to receive calls.
- **Class Limits:** Minimum 2, Maximum 10

*Instructor information follows Part 3 of this series.*

### **Android Smart Phones Part 3: Photographic Functions, Notes, and Downloading Apps**

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

This is the third in a series of three courses for Android users that will go beyond making and receiving phone calls. Class objectives will cover using the camera, editing photos, creating albums, creating collages, using the Notes function, and downloading apps.

The class will move slowly, allowing each participant to become familiar with each objective on his/her own phone.

- **One Session:** Friday, March 15, 9:00 – 11:00 a.m.
- **Location:** Eastern Shore Community College
- **Materials needed:** Students should bring working Android phones. Phone needs to be activated, charged, and able to receive calls.
- **Class Limits:** Minimum 2, Maximum 10

*Jan Andrejco has been using cell phones since the 1980's, first using an Android for many years and later switching to an Apple. Her husband currently uses an Android, and Jan attempts to stay up-to-date on the use of both Android and Apple phones.*

### **Electric Vehicles and ESVA Charging Discussion**

*Instructor:* Leo Radkowski ([lradkowski@anec.com](mailto:lradkowski@anec.com))

If you have a combustion engine car, chances are you rarely worry about whether fuel will be conveniently available when and where you need it. But with more and more passenger electric vehicles coming onto the market, fueling convenience and availability is becoming a more significant concern.

During this session ANEC'S Leo Radkowski will discuss the electric passenger vehicle environment here on Virginia's Eastern Shore. His talk will cover understanding the different types of passenger electric vehicles (Hybrid, Plug-in Hybrid, 100% Electric), understanding the different types of electric vehicle chargers (Level 1, Level 2, Level 3 DCFC), and describing the ANEC/A&N Innovative Solutions ESVA Electric Vehicle Charging Initiative.

- **One Session:** Tuesday, February 13, 9:00 – 11:00 a.m.
- **Location:** A&N Electric Cooperative, 21275 Cooperative Way, Tasley
- **Note:** Upon arrival, enter the ANEC office building via the main entrance to check in with an associate. A visitor pass will be provided, and you will be guided to the multipurpose room, where

the session will take place. There will be an opportunity to explore the Cooperative's electric passenger vehicle and hybrid truck, so appropriate outdoor clothing would be necessary.

- **Class Limits:** Minimum 5, Maximum 30

*Leo Radkowski has 47 years of experience in industrial, large commercial and utilities energy technologies, supply/risk strategies, and utility management. He currently provides energy consulting services for electric cooperatives focusing on new and emerging technologies including electric vehicles, renewable generation, energy storage, and distributed energy resources. Additionally, Mr. Radkowski provides support related to utility rate design.*

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## FUN FOR MIND AND BODY

### Bocce Ball 101

*Instructor:* Don McGavock ([huntingcreek2@gmail.com](mailto: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 7, 14, 21, 28 and April 4, 11, 10:00 a.m. – Noon
- **Location:** Commonwealth Senior Living Bocce Court
- **Note:** Bocce balls will be furnished for the class to use.
- **Class Limits:** Minimum 8, Maximum 12

*Don McGavock learned to play bocce in Margo Digan's ALL bocce classes. In fact, he says that he couldn't even spell bocce before he met Margo. ALL Bocce features light-hearted, amateur competition. The truth is that anyone can have fun playing bocce with only minimal experience and skills. One can even enjoy playing while holding on to one's walker.*

### Beginner Line Dancing

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

Beginner line dances will be taught. Students will learn the steps in a dance, will perform a walkthrough of the steps, and then perform the dance to various songs. A variety of music styles will be used.

- **Five Sessions:** Mondays, February 12, 19, 26, and March 4 and 11, 2:45-3:45 p.m.
- **Location:** YMCA, 26164 Lankford Highway, Onley
- **Note:** Students should wear smooth soled shoes that will slide easily on the wood floors.
- **Class Limits:** Minimum 10, Maximum 15

*Instructor information follows the listing for Experienced Beginner Line Dancing.*

### Experienced Beginner Line Dancing

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

This class is for students who have had some experience in line dancing. They should be familiar with basic line dance steps and will learn more complicated dances using those steps. The dances will not be advanced.

- **Five Sessions:** Mondays, April 8, 15, 22, 29, and May 6, 2:45-3:45 p.m.
- **Location:** YMCA, 26164 Lankford Highway, Onley
- **Note:** Students should wear smooth soled shoes that will slide easily on the wood floors.
- **Class Limits:** Minimum 10, Maximum 15

*Sue Thatcher has been teaching line dancing on the Eastern Shore for several years. She enjoys sharing this fun and challenging activity with the community.*

### **Mahjongg for Beginners**

*Instructor:* Toni Wright 9 ([k9friend@sbcglobal.net](mailto:k9friend@sbcglobal.net))

Students will learn the basics of American Mahjongg and will be able to play by the 4th session. This game promotes memory and strategic thinking.

- **Four Sessions:** Tuesdays, February 20, 27, March 5, and 12, 1:00 – 3:00 p.m.
- **Location:** Commonwealth Senior Living, North Street, Onancock
- **Materials needed:** Students will be provided with information on a book and websites at the first class so that they can study at home.
- **Class Limits:** Minimum 4, Maximum 8

*Toni Wright has been playing American Mahjongg for 8 years and wants to promote American Mahjongg on the Shore. She has found it a great way to meet people and to exercise her brain.*

### **Onancock Creek by Kayak**

*Instructors:* Bill and Mary Burnham ([mary@burnhamguides.com](mailto:mary@burnhamguides.com))

Onancock Creek is a living classroom where all elements of Chesapeake Bay ecology are accessible from the seat of a kayak. A short, easy paddle from the 1680 Colonial Wharf reveals an Eastern Shore estuary fresh with oyster habitats, salt marsh, heron rookeries and quiet nature coves. Your guides are trained kayak trip leaders as well as certified Virginia Ecotour Guides. This two-hour kayak experience begins with an introduction to basic paddling skills, an overview of on-water safety, a tour on historic Onancock Creek, and hands-on learning (including how to serenade a periwinkle!)

- **One Session:** Wednesday, May 29, 10:00 a.m. – Noon
- **Rain Date:** Thursday, May 30, 10:00 a.m. – Noon
- **Location:** Onancock Town Wharf
- **Materials:** Burnham Guides can provide all materials (kayak, paddle, life jacket and safety equipment) for a fee (see below). Students may bring their own kayak and equipment for a discount, per review and approval by Burnham Guides.

- **Fee:** (1)\$20 per student for those who bring their own kayak and equipment which has been reviewed and approved by Burnham Guides, **or** (2)\$40 per student to attend and rent all materials. Applicable fee should be paid directly to Burnham Guides at the class meeting.
- **Note:** Students should bring a water bottle, sunscreen, hat, and wear clothing that is loose-fitting, comfortable, and can retain heat when wet. Any clothing made of cotton — whether a sweatshirt, tee shirt, jeans, or socks — is not appropriate. Sandals or water shoes are recommended, no flip flops. Students may also want to bring a set of dry clothes for changing into after the trip, a towel for drying, and any insulating layers (fleece tops, hats, or long underwear) if they are susceptible to colder temperatures.
- **Class Limits:** Minimum 4, Maximum 12

*Since 2010, Mary and Bill Burnham have operated Burnham Guides, a kayak touring company located in Onancock, Virginia. Bill is a trained Trip Leader certified by American Canoe Association (ACA). Mary and Bill are Virginia Ecotour Guides. For 20 years, they have traveled the world leading kayak expeditions, always to return to Onancock Creek, their favored place to live and share with others. It is their pleasure to showcase the history, both natural and human, that lies outside their front door.*

### **Pickleball 101**

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

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

- **Four Sessions:** Fridays, February 9, 16, 23, and March 1, 3:00 – 4:00 p.m.
- **Location:** Randy Custis Memorial Park, Nassawadox (behind the fire station)
- **Materials:** All materials will be provided.
- **Facility and Materials Fee:** \$15 (Add to your \$25 semester membership fee and include with your total payment.)
- **Notes:** (1)Please wear athletic shoes and comfortable clothing. (2)Bring water.
- **Class Limits:** Minimum 1, Maximum 10

*Michael 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.*

## **PLANNING FOR THE FUTURE**

### **Estate Planning for Everyone, Sections 1 and 2**

*Instructor:* Virginia (Ginny) Brown, PC ([Ginnybrown@vebrown.com](mailto:Ginnybrown@vebrown.com))

Nothing is more important in estate planning than taking the steps to protect what you want to pass on to your heirs. Ginny will explain everything from how to avoid death taxes to protecting your assets from long term care costs. She will discuss the differences between trusts, wills, and powers of attorney. This seminar is a great way to check that you have all your affairs in order so that you can stop worrying/wondering and start enjoying life!

- **Note:** This **one-session** class is being offered twice during the semester. Choose **one** of the sections to attend.
- **Section One:** Thursday, March 14, 10:00 – 11:30 a.m.
- **Section Two:** Tuesday, May 14, 3:00 – 4:30 p.m.
- **Location:** ESVA Chamber of Commerce, 19056 Parkway, Melfa
- **Materials needed:** Paper and pencil for notes.
- **Class Limits:** Minimum 4, Maximum 15

*Ginny Brown has been practicing estate planning and elder care law for many years. She can offer her clients trusts, wills, powers of attorney, etc. that best suit their present and future needs. She offers Medicaid protection, where appropriate, for asset protection. Although she does not provide financial plans, she is a certified financial planner and combines that knowledge with her legal knowledge to best assist her clients. Ginny was born and raised in Melfa, on the Eastern Shore, and practices in the Hilltop area of Virginia Beach. She regularly travels to the Eastern Shore to serve her clients.*

### **Preparing for Your Tax Preparer to Save \$\$ and/or Save TIME**

*Instructor:* John Fiege, CFP(r) ([john@johnfiege.com](mailto:john@johnfiege.com))

We will review a checklist of items your personal tax preparer or CPA needs organized to get you the best tax results. Also learn when you do NOT need to keep certain categories of receipts that can be a real headache. The information covered will apply to Form 1040 returns only.

- **One Session:** Friday, February 9, 2:00 – 3:30 p.m.
- **Location:** North Street Playhouse, Market Street, Onancock
- **Materials needed:** Notebook, clipboard, pen, and a list of questions you may have about getting organized for tax preparation.
- **Class Limits:** Minimum 3, Maximum 20

*John Fiege is a Certified Financial Planner (TM) with 21 years of broad experience in financial planning, including taxes. He is a Fee-Only planner registered with NAPFA and an avid supporter of local non-profit organizations and education. His website is located at [www.johnfiege.com](http://www.johnfiege.com).*

### **Understand Medicare**

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

The goal is to help those interested in understanding the confusing topic of Medicare. Shopping for traditional Medicare A, B, Supplement, and Part D **or** Medicare Advantage **or** switching from one to another are all important decisions. SHOPPING FOR A PART D PRESCRIPTION PLAN MUST BE DONE EVERY YEAR.

If you are entering Medicare for the first time, a small group environment may be used. If you are already receiving Medicare benefits, individual sessions will be used.

- **One session:** (1)For people new to Medicare Friday, April 5, 9:00 – 10:45 am. (2)For all others who want to change plans or switch between traditional Medicare and an Advantage Plan and for those who want assistance shopping for a better Part D (prescription plan), individual appointments will be arranged.
- **Location:** Eastern Shore Community College
- **Class Limits:** Minimum 1, Maximum 15

*Jan Andrejco is not an insurance agent. She has helped many people on the Shore wade through the Medicare language and plans.*