

The LifeLong Learning Society of Christopher Newport University is a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship. There are no requirements as to previous educational experience. Intellectual curiosity is the only admission requirement. Managed by and for its members, LLS is a program of the Office of University Advancement and is an affiliate of the Elderhostel Institute Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners, and field trips — persons of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All persons of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. The LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries, and museums and by co-sponsoring three annual conferences.

Opening Session: Monday, January 30, 2012

Ferguson Center for the Arts

12:15 p.m.	New Member Orientation	Music & Theatre Hall
12:45 p.m.	All-Member Reception	Music & Theatre Hall Lobby
1:30 p.m.	Dr. Lisa Spiller and Dr. Jeff Bergner, authors of new book <i>Branding the Candidate: Marketing Strategies to Win Your Vote.</i>	Music & Theatre Hall

Program Overview

The dates and times for the 46 five-week and six 10-week courses are listed on pages 2, 3 and 4. These courses will meet either once or twice per week. In addition to six field trips, a number of optional activities will be announced during the semester. The six Monday afternoon lectures, two concerts, one drama and music presentation, and one dance presentation for LLS members are listed on page 6.

Membership Fee and Benefits

Full membership for the 2011-12 spring and summer sessions is \$185. This includes Monday afternoon lectures and concerts, spring and summer courses, and the opportunity to participate in optional activities — such as field trips — by paying the activity fees.

An associate membership for the 2011-12 spring and summer sessions is available for \$110. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

A new feature has been offered. You can now pay for your registration fee by credit card. There is a charge of \$6 to cover the cost to LLS. See the registration page for details.

A member may bring a guest one time to any of the Monday lectures or class meetings or to an optional activity if there is space available.

Class locations and confirmations will be mailed to you if your registration is received by Jan. 13, 2012. Otherwise information will be available at the LLS office and the first

two Monday lectures. Most classes will be in the Yoder Barn.

Refund Policy

Full refund of spring membership and/or course fees will be granted if requested before Jan. 30, 2012. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds. Refunds will not be given for money paid in the fall.

Economic Hardship

Fee waiver is possible, and inquiries are invited. Please call the LLS office at (757) 269-4368 for details.

2011-12 Parking Decal Sticker Required

A parking decal is required on Christopher Newport University property. If you want a parking decal (or the 2011-12 sticker) please use the registration page for your request.

Mailing address and phone:

LifeLong Learning Society
Christopher Newport University's Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602-6925
Telephone: (757) 269-4368

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn.

Visit the CNU-LLS home page: lifelonglearning.cnu.edu

LLS is an affirmative action/equal opportunity organization. Christopher Newport University does not discriminate in admission, employment or any other activity on the basis of race, color, age, religion, national origin, veteran status, physical handicap or political affiliation.

Jan. 30 - March 2

1. Beginning Spanish*Mon., Wed., 9:30-10:45 a.m.**10-week course*

For beginners with limited or no exposure who want to learn the basics of conversing in Spanish for travel and fun. \$30 course fee.

Instructor: Sandra Hansford

2. Beginning Chinese*Mon., Wed., 9:30-10:45 a.m.**10-week course*

This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese. \$30 course fee.

Instructor: Zhao Qing Zhang, LLS

3. Aerobics*Mon., Wed., 10-11 a.m.**10-week course*

A conditioning program to improve your strength, balance, range of motion, muscular and cardiovascular endurance. \$40 course fee.

Instructor: Wendy Brame-Bogie

4. Intermediate Spanish*Mon., Wed., 11 a.m.-12:15 p.m.*

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills. \$15 course fee.

Instructor: Sandra Hansford

5. Body Fusion: Tone and Stretch*Tues., Thurs., 9-10:15 a.m.**10-week course*

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$40 course fee.

Instructor: Lisa Wingfield, CNU

6. Computing I*Tues., Thurs., 9-10:15 a.m.*

This is the first course in a three-course progression. This beginner course is for anyone who wants to learn how to use a computer. The student will be introduced to the parts of a computer, the desktop and Microsoft Word 2007. Students should own or have access to a computer to practice their skills. Limited enrollment. \$15 course fee.

Instructor: Susan Daimler

7. An Introduction to African Dance of the Diaspora*Tues., 9:30-10:45 a.m.*

This course is an introduction to the history, social context and contemporary practice of sacred dance traditions in the African Diaspora specifically in Salvador da Bahia, Brazil; Port au Prince and the Artibonite in Haiti; and Havana and Matanzas, Cuba. We will trace the dominate roots and routes from Africa, exploring the intra-African cultures present in these Diaspora dance communities, the African aesthetics and traditions embodied in danced rituals, and the differences that exist in part due to the colonial presence and history of each piece.

Instructor: Professor Ann Mazzocca, CNU

8. Computing III*Tues., Thurs., 10:45 a.m.-noon*

Students should have completed Computer II before they enroll in this course. Students will learn advanced topics of Microsoft Word 2007. Topics will include sorting, creating lists, inserting tables, using templates and inserting graphics. Students should own or have access to a computer to practice their skills. Limited enrollment. \$15 course fee.

Instructor: Susan Daimler

9. Practicing Poetry*Tues., 11 a.m.-12:15 p.m.*

We will work on villanelle, sestina, pantoum and rondel forms and examine heroic, humorous, romantic and tragic poems.

Instructor: Patricia Flower Vermillion, LLS

10. Strength and Stretch*Tues., Thurs., 11 a.m.-noon**10-week course*

This class addresses high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program; or those who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain. Limited enrollment.

Instructor: Betty Peach, LLS

11. King James Bible*Tues., 11 a.m.-12:15 p.m.*

The publication of the King James Bible in 1611 was a landmark event in the English-speaking world. We intend not only to look at the complete process that led up to this significant event but to review some of the events that have enriched the English Bible since 1611.

Instructor: Russ Brierly

12. Oils and Acrylics*Tues., noon-2 p.m.*

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment.

Instructor: Brian Murphy

13. Buddhism's Ideology and Practices*Tues., 1-2:15 p.m.*

This course will discuss how Buddhism developed as a reform movement of Hinduism. We will explore the ideology that underlies Buddhist practices and beliefs.

Instructor: Dr. Dawn Hutchinson, CNU Professor

14. Clay: On the Potter's Wheel*Tues., Thurs., 2-4:30 p.m.*

Beginners start with making basic wheel-formed pottery while returning students refine their skills and learn advanced techniques. Upon signing up, students will be given a list of supplies to bring and where to find them. \$30 course fee. Limited enrollment.

Instructor: Marshall Turner

15. Thousands Are Sailing*Tues., 2:30-3:45 p.m.*

Over the last several hundred years, millions of people from Ireland and Scotland have found their way to North America. In this course we will hear the stories of these immigrants as told through the songs they wrote of their passage to the new world, and of the lives they forged upon landing.

Instructor: Dr. Edward Brash, CNU Professor

16. Tai Chi*Tues., 2:30-3:45 p.m.**10-week course*

This class will teach the introductory form of Tai Chi, nine movements in the Yang Style. Tai Chi, a non-aerobic exercise, will benefit those who want to improve their balance and muscle strength.

Instructor: Bill Hansell

17. Dangerous Mixture: Politics, Economics and the USA's 2008-11 Recession

Wed., 9:30-10:45 a.m.

The business crisis and political environment in the USA over the last four years had resurrected many of the old quarrels between economic theories regarding capitalism and socialism. We will explore how economic theories from Smith, Marx, Keynes and Friedman are impacting our current national economic conditions and political discussions.

Instructor: Arthur C. Gudikunst, PhD, Ret. CNU

18. Logic of China's Policies (Part 3)

Wed., 11 a.m.-12:15 p.m.

This course is the third installment on the current policies in the emerging world giant, China. Some of the policies we will cover are religion, women's rights, crime, social services and currency exchange. It is not necessary to have attended the first two installments given in prior years to attend this third installment.

Instructor: Steve Louie

19. Picture Books for Grownups

Wed., 12:45-2 p.m.

Most adults think of picture books as simple and simplistic, designed and suitable only for the limited minds of children. Untrue! Come read five picture books that will blow your mind and totally change the way you think of the genre: *Where the Wild Things Are*, *The Tale of Peter Rabbit*, *Tuesday*, *Why Mosquitoes Buzz in People's Ears*, *The True Story of the Three Little Pigs*. One of my students once said of Peter Rabbit that it is one of the most complicated books there is. This course will convince you that all these books are highly complex texts worth studying.

Instructor: Dr. Kara Keeling, CNU Professor

20. Watercolor Painting at the Yoder Barn

Wed., 1-3 p.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for either Wed. or Fri. class, not both. Limited enrollment.

Instructor: Betty Anglin, Ret. CNU Professor

21. Titanic Tragedy: The 100th Anniversary

Wed., 2:30-3:45 p.m.

At a time when ocean liners "were the only way to cross," the *Titanic* was the biggest and most luxurious of them all. On its maiden voyage in April 1912, the "unsinkable" ship sank — an event that still has repercussions to this day. Course held at The Mariners' Museum.

Coordinator: Bryan Hill, Mariner's Museum Educator

22. Chesapeake Bay

Thurs., 9:30-10:45 a.m.

We will talk about the many facets of the Chesapeake Bay: its dynamics, history, culture, organisms and future.

Instructor: Dr. Harold Cones, CNU Emeritus

23. World Literature

Thurs., 11 a.m.-12:15 p.m.

This course will discuss the following literary works: *Wide Sargasso Sea* (Caribbean), *The Kite Runner* (Afghanistan), *Caligula* (Africa), *One Hundred Years of Solitude* (Latin America). The focus will be on themes such as race, religion and politics, gender, displacement, and assimilation, among others.

Instructor: Mrs. Diana Obeid Timani

24. Nuts to You! Also Acorns: Virginia Indian Seasons and What They Ate During Them

Thurs., 1-2:15 p.m.

Our culture recognizes four seasons based on the movement of the sun. But the Native Americans who lived here four centuries ago, living directly on the land, recognized five seasons based upon what foods were available. We will examine in detail what those foods

were, what work was needed to procure them, whether or not those foods met peoples' dietary needs, and what effect the diet had on peoples' health, season by season.

Instructor: Dr. Mary C. Rountree and Dr. Helen C. Rountree

25. Tai Chi

Thurs., 1-2:15 p.m.

10-week course

This class will teach the introductory form of Tai Chi, nine movements in the Yang style. Tai Chi, a non-aerobic exercise, will benefit those who want to improve their balance and muscle strength.

Instructor: Bill Hansell

26. Understanding Opera, Part II

Thurs., 2:30-3:45 p.m.

This course will provide a comprehensive survey of the two final productions of Virginia Opera's 2011-12 season: Philip Glass's *Orpheus* and the Gilbert and Sullivan classic *The Mikado*. Illustrated with video and audio excerpts, this class is recommended for opera beginners and aficionados alike.

Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association

27. Abstract Painting in Acrylics

Fri., 9:30-11:30 a.m.

Abstract painters use form, color and line to create nonrepresentational works that may exist without traditional perspective and which at times simplify or exaggerate characteristics of a subject. Work from photographs, sketches, real objects and imagination to produce nonrepresentational images.

Instructor: Ray Abell

28. Watercolor Painting at CNU Studio

Fri., 1:30-3:30 p.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for either Wed. or Fri. session, not both. Limited enrollment.

Instructor: Betty Anglin, Ret. CNU Professor

Interest Groups:

1. Bridge Group

Monday, Noon in Yoder Barn House

2. Book Club

Monday, 10 a.m., monthly

3. Line Dancing

Friday, 10 a.m., weekly, in Yoder Barn

To sign up for interest groups, see the registration page.

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Session **B** Courses

March 12 - April 13

Course #1 – Continued: Beginning Spanish
Mon., Wed., 9:30-10:45 a.m.

Course #2 – Continued: Beginning Chinese
Mon., Wed., 9:30-10:45 a.m.

Course #3 – Continued: Aerobics
Mon., Wed., 10-11 a.m.

29. Advanced Spanish
Mon., Wed., 11 a.m.-12:15 p.m.

For members who have had an intermediate Spanish course, have a good basic command of the language and wish to refine communication skills relative to specific topics. \$15 course fee.

Instructor: Sandra Hansford

Course #5 – Continued: Body Fusion
Tues., Thurs., 9-10:15 a.m.

30. Computing II
Tues., Thurs., 9-10:15 a.m.

Students should have completed Computer I before they enroll in this course. Students will learn the basics of Microsoft Word 2007. Students should own or have access to a computer to practice their skills. \$15 course fee. Limited enrollment.

Instructor: Susan Daimler

31. Mysteries of the Pyramids
Tues., 9:30-10:45 a.m.

This course will be an introduction to early Egyptian mythology, religion and history and their influences on the dynastic concept of the royal prerogative of the afterlife. Learn why the ancients devoted so much labor and effort to tomb construction. \$5 syllabus.

Instructor: Glenn R. Markus, LLS

32. Internet and Email
Tues., Thurs., 10:45 a.m.-noon

Learn to send and receive email messages and use the Internet. Students should have an email account. Limited enrollment. \$15 course fee.

Instructor: Susan Daimler

33. Beginning Arabic
Tues., 11-12:15 a.m.

In this course students will learn the Arabic alphabet, basic grammar and rules to write Arabic. Throughout the course, students will learn how to read and speak classical and modern Arabic. \$30 course fee.

Instructor: Mrs. Diana Obeid Timani

Course #10 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

34. WWI
Tues., 11 a.m.-12:15 p.m.

On June 28, 1914, Archduke Franz Ferdinand of Austria-Hungary was assassinated in Sarajevo by a Bosnian-Serb nationalist Gavrilo Princip. This was the spark that ignited growing tensions between the Central Powers and the Triple Entente. In August 1914, millions of soldiers marched off to a war no one believed would last beyond Christmas. Four years later, more than 9 million combatants had been killed in a war that featured the first large-scale operational use of aircraft, flamethrowers, poison gas, submarines and tanks. This course will examine the political origins, military campaigns and effect

World War I had on modern Europe.

Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

35. Oils and Acrylics
Tues., noon-2 p.m.

Same as course #12.

36. Organizing Your Filing System
Tues., 1-2:15 p.m.

This is a workshop on family important documents and the need for a well-designed and manageable system for organizing, updating and safekeeping those documents.

Instructor: Guy Manchester, LLS

Course #16 – Continued: Tai Chi
Tues., 2:30-3:45 p.m.

37. The History of Williamsburg
Tues., 2:30-3:45 p.m.

This course will examine Williamsburg's historical significance from the 17th century (when it was known as Middle Plantation) to modern times. Through readings and presentations, we will look at this iconic site from multiple perspectives, including its role as Virginia's colonial capital, its federal occupation during the Civil War, and the 20th-century restoration funded by John D. Rockefeller.

Instructor: Dr. Lisa Heuvel

38. The Eye Over Time
Wed., 9:30-10:45 a.m.

We will investigate the effects of aging on the eye in health and disease.

Instructor: Dr. John Frantz

39. Ancient Explorers of America
Wed., 11 a.m.-12:15 p.m.

This course provides a broader understanding of the "melting pot" process that has taken place in America for 18,000 years. From the end of the last Ice Age up to the beginnings of English exploration we have had visits by Chinese, Phoenician, Hebrew, Irish Welsh, Viking, Portuguese and Spanish people.

Instructor: Aleck Loker

40. Monet and Friends: The People, Places and Art of Impressionism
Wed., 1-2:15 p.m.

Hear the story of impressionism from its roots before the first impressionist exhibition in 1847 through the last, in 1886. Featuring a broad cast of characters, we'll move about Paris and its environs, to Honfleur and Ste. Adresse in the north and Fontainebleau to the south. And we'll buddy up with Claude Monet, whose own fascinating story takes us well into the 20th century. Course held at Yoder Barn.

Instructor: Michael Preble, Program Director, Pfac

41. Watercolor Painting at the Barn
Wed., 1-3 p.m.

Same as course #20. Register for the Wed. or Fri. class.

42. Islamic Philosophy
Wed., 2:30-3:45 p.m.

In this course, we will analyze the rise and development of Islamic philosophy, the translation movement from the 8th to the 19th century, and its intersection with Greek and Hellenistic traditions of philosophy — while dealing with such towering figures of Islamic

philosophy as al-Kindi, al-Farabi, ar-Razi, Ibn Sina, al-Ghazali, Ibn Rushd, Ibn Hazm, Ibn Tufayl, Ibn Bajja, as-Suhrawardi, Ibn 'Arabi and Mulla Sadra. We will also discuss the central issues and concepts of Islamic philosophy, including existence (*wujud*) and essence (*mahiyah*), God's existence and knowledge of the world, knowledge ('ilm) and its foundations.

Instructor: Dr. Hussam S. Timani, CNU Professor

43. Creative Nonfiction Writing

Thurs., 9-10:45 a.m.

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life. Limited enrollment.

Instructor: Heidi Hartwiger

44. Advanced Writing for 'Historians'

Thurs., 9:30-10:45 a.m.

Strengthen your skills in recording your experiences. Family stories always find an audience, with family, with community and sometimes in the wider world as social history.

Instructor: Doris Gwaltney

45. Galapagos Islands

Thurs. 9:30-10:45 a.m.

The Galapagos Islands, an international treasure, are being threatened on many fronts. What are the threats and why may they be important to someone living 2,700 miles to the north?

Instructor: Ted Hoagland, CNU Instructor

46. Science Around the House

Thurs., 11 a.m.-12:15 p.m.

Each of us practices science at home in many ways, from selecting materials for laundry to putting on a new roof. The insecticides we use, the lawn fertilizers we select and the paint we choose are products of science, and their selection requires that we know something of their composition and effects. But science goes beyond materials, to the way we evaluate information and make decisions on a broad range of topics. Here are some examples (not necessarily in the order to be considered): energy sources; insect control; oil or latex paint?; insulation; solar collection; flooring materials; garden anyone?; science and religion – compatibility or conflict? One or more guest speakers will probably join us.

Instructor: Dr. Larry Sacks, CNU Emeritus

Course #25 – Continued: Tai Chi

Thurs., 1-2:15 p.m.

47. 100 Years of History on the Peninsula

Thurs., 1-2:15 p.m.

Discover the years from 1850 to 1950, which changed the Peninsula's destiny from an agrarian society into a vibrant community based on military bases, shipbuilding, transportation systems, tourism, education, seafood industry and the rise of cities.

Instructor: John Quarstein

48. The Communist View of Life

Thurs., 2:30-3:45 p.m.

This course discusses the development of communist ideology in the Western world. It starts with the origins of communism in French and German philosophy and then spends most of the time analyzing its specific expression in the work of Marx, Engels, Kautsky, Lenin and Stalin.

Instructor: Dr. Stephen Strehle, CNU Professor

49. Meanderings

Fri., 9 a.m.-3 p.m.

We will carpool weekly to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby. Participants are responsible for expenses, such as lunch and admission fees. Limited enrollment.

Coordinator: Jane Dickson, LLS

50. Abstract Painting in Acrylics

Fri., 9:30-11:30 a.m.

Same as course #27.

51. Canadian Literature

Fri., 9:30-10:15 a.m.

In order to know a people, it is necessary to learn the culture – the beliefs and attitudes that provide the context for words and actions. One key to culture is, of course, literature. The course's goal is to provide an entertaining and informative foray into Canadian literature.

Instructor: Kathleen Kamper, LLS

52. Watercolor Painting at CNU Studio

Fri., 1:30-3:30 p.m.

Same as course #28. Register for either Wed. or Fri. class.

FIELD TRIP SCHEDULE

Fredericksburg

March 5, 2012

Surry Nuclear Station, Smithfield

March 8, 2012

Charleston, South Carolina

April 22-25, 2012

OpSail 12

June 9, 2012

America's Majestic National Parks

July 9-27, 2012

Call the LifeLong Learning Office,
(757) 269-4368 to sign up or for more information.



LLS members on a trip

**“Art Extravaganza” • Luncheon, Art Show and Sale
January 24, 2012 • Ferguson Center for the Arts
Music & Theatre Hall**

MONDAY AFTERNOON LECTURES

Opening Lecture

Jan. 30, 1:30 p.m.

***Branding the Candidate:
Marketing Strategies to
Win Your Vote***
Dr. Lisa Speller and
Dr. Jeff Bergner

Feb. 6, 1:30 p.m.

Interventional Neuro-Radiology
Dr. Frank Sanderson

Feb. 13, 1:30 p.m.

**Preview of musical *Steel Pier*
by TheaterCNU and Music
Department**

Feb. 20, 1:30 p.m.

Virginia Symphony Orchestra
JoAnn Falletta, Music Director

Feb. 27, 2 p.m.

CNU in Concert
Dr. Mark Reimer

March 12, 1:30 p.m.

The Future of Fort Monroe
Glenn Oder, Executive Director
Fort Monroe Authority

March 19, 1:30 p.m.

**Preview of CNU
Spring Dance Concert
*A Delicate Balance***
Department of Theater and Dance

March 26, 1:30 p.m.

***Medicine's Oldest Science in a
Technical World***
Dr. Craig Goodmurphy
Eastern Virginia Medical School

April 2, 2 p.m.

CNU in Concert
Dr. Mark Reimer

April 9, 1:30 p.m.

***2012 Russian
Presidential Election***
Dr. Corliss Tacosa, ODU

Conferences

The LifeLong Learning Society is proud to co-sponsor three popular CNU conferences in 2012. Mark your calendar for these exciting events.



**Forum
on Aging
MARCH 6, 2012**

The 32nd Annual Community Forum on Aging, “*Pearls of Wisdom, Perils of Aging*” will be held March 6, 2012, at the Ferguson Center for the Arts.

(In collaboration with the Peninsula Agency on Aging and the Forum on Aging Planning Committee)



**Writers’
Conference
FEB. 24-25, 2012**

The 32nd Annual Writers’ Conference will be held Feb. 24-25, 2012, at The Freeman Center. The keynote speaker will be well-known author Edward Bloor.

(In collaboration with the CNU Department of English and the Writers’ Advisory Council)

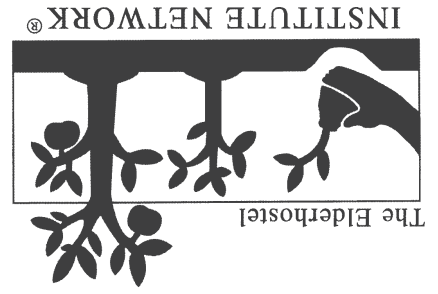


**Gardening Conference
APRIL 21, 2012**

CNU’s 16th Annual Gardening Symposium’s theme will be Natural Gardening on April 21, 2012, at the Ferguson Center for the Arts. The featured speakers will be Andre Viette, Barry Glick and Pater Loewer.

(In collaboration with the CNU Grounds Department)

Register Now for
Spring Term Classes



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