

CENTER FOR LIFELONG LEARNING

Spring 2010

Welcome to the 2010 Spring schedule of classes for the Center for Lifelong Learning (CLL) at Shenandoah University! Inside you will find over twenty opportunities to jump-start your Spring for growth personally and professionally. We hope you will find something that piques your interest.

You will also recognize a more streamlined look for our announcement of classes. As Shenandoah University becomes increasingly interested in sustainability as well as providing economical options for our community, we have scaled back our brochure look to a more sustainably-sensitive and cost-effective publication for communication with you – our community. We hope you will support us as we endeavor in many other ways to become more responsible to our environment.

In this effort, we have also moved to online registration as a way to reduce paper and waste. Please follow these steps for online enrollment for the classes of your choice:

- 1) Using an Internet browser, go to the following address: bbd.su.edu
- 2) Locate the Links box and click on 'Instant Enrollment'
- 3) Find the 'Topic Code' section and in the drop-down box click on 'Lifelong Learning Center' and then click on the 'Submit' button
- 4) Locate your desired course(s) from the list and click on the box in the 'Select' column for the course(s) for which you wish to register then scroll to the bottom of the page and click on the 'Submit' button
- 5) Complete the fields as appropriate, particularly those marked required, and click on the 'Submit' button
- 6) In the drop-down box, click on 'Special Student – Lifelong Learning' then click on the 'Submit' button
- 7) Complete the questions on the page and click on the 'Submit' button
- 8) Complete the payment information requested and click on the 'Submit' button.
- 9) Registration complete!

CENTER FOR LIFELONG LEARNING
2010 CLL Spring Schedule

TUESDAYS

Great Decisions Series: Inspiring Learning About the World

Taught by SU faculty

TUE Feb. 9 - March 30 6 to 8 p.m.
 Course: CONT 275 CLL1 Cost: \$119 1CEU
 Location: Westminster Canterbury, Employee Conference Room

For more than 50 years the Great Decisions series has been one of the top global affairs programs in the country. Our sessions are designed to bring community members together to discuss foreign policy issues with the help of local experts. Join Shenandoah University faculty and other foreign policy authorities to discuss the following topics: special envoys, Kenya/East Africa, global crime, U.S.-China security relations, global financial crisis, Russia and its neighbors, the Persian Gulf, and peace building and conflict resolution.

Computer Basics for Adults

Taught by Lois Rannells

TUE Feb. 9 - March 9 6:30 to 8:30 p.m.
 Course: CONT 094 CLL 1 Cost: \$89 1 CEU
 Location: SU main campus, room TBA

Are you one of the many adults who have never learned to use a computer? Do you struggle with basic computers skills like using a mouse, working with email or searching the Internet? In this five-week course you will learn the basics of a computer, computer terminology, how to use the mouse, Windows operating system essentials, surfing the Internet and an introduction to the basics behind web-based email.

Survival Italian

Taught by Nicki deMedici

TUE Feb. 9 – March 9 6 to 8 p.m.
 Course: CONT 285 CLL 1 Cost: \$89 1 CEU
 Location: SU main campus, room TBA

Back by popular demand! Everyone loves Italy: the food, the art and the people. If you've ever wished you had the basic conversational skills to enhance your Italian travel experience, to understand some opera lyrics or Italian film dialogue, or to just romance your significant other in the language of Casanova, then this is a class for you. We will focus on the spoken language with emphasis on vocabulary. We will use film clips to take virtual vacations to Italy and we'll also discuss the social and cultural aspects of contemporary Italy.



WEDNESDAYS

Life Coaching: Catch Your Dream Job

Taught by Jackie Hott, Certified Life Coach

WED Feb. 3 - March 10 6 to 8 p.m.
 Course: CONT 225 CLL 1 Cost: \$89 1 CEU
 Location: SU main campus, room TBA

Do you want to explore new career possibilities or new career options? Not sure what to do next? This life coaching class is for you. Learn to set goals, achieve your dreams, and enjoy your career. Through the 7-Step Model for Clarity and Results, coaching skills, and a variety of assessments you will learn how to catch your dream job. Each class will have a different focus as we move through the 7 steps. Assessments will be administered and you will most likely be asked to do some homework to prepare for the each class. Life Coaching will help you with all of the phases of your life! Space is limited.

Life Coaching: Find Success in Reaching Your Goals

Taught by Jackie Hott, Certified Life Coach

WED March 17 - April 14 6 to 8 p.m.
 Course: CONT 225 CLL 2 Cost: \$89 1 CEU
 Location: SU main campus, room TBA

Are you organized? A goal setter? A list maker? None of the above? Then this class is for you. This life coaching class focuses on you and your goals and desires. Your goal may be to loose weight, organize your home, increase your leisure time, bring more joy into your life, manage a busy household, be more healthy, or start a new business. Whatever your goal is you will learn the tools to achieve it. The goals can be short term or long term goals depending on your desires. It is up to you! Each week we will focus on new ways to approach your goals and the ways to reach them! You may be asked to do some homework to prepare for the each class. Come and enjoy the success of reaching your goals. Space is limited.

You Make the Jewelry: Everyone Will Love It!

Taught by Sharon Boggs, owner of Potomac Bead Company

WED Feb. 10 – March 10 5 to 7 p.m.
 Course: CONT 174 CLL1 Cost: \$89 1 CEU
 Location: Potomac Bead Company, downtown Winchester

Enjoy making jewelry, but want to do more than just string a necklace and put some earrings together? Take your jewelry making to a new level with this advanced class offered by The Potomac Bead Company. In this five week course you will learn how to use square and half-round wire to frame a gemstone cabochon, creating a one of a kind pendant. You will also learn how to use that same combination of wire to create a stunning crystal ring. Next in the course, enter into the world of chainmaille. See how the simple act of weaving jump rings together in various patterns lends to a beautiful bracelet and pendant. Familiarity with basic jewelry making tools is expected prior to taking this course. Some wire experience is helpful.

Materials fee \$25 and up depending on gemstone and wire choices.

Art Using Charcoal: Shades of Charcoal-Part I

Taught by Clive Turner

WED Feb. 10 – March 10 6 to 8 p.m.

Course: CONT 231 CLL1 Cost: \$89 1 CEU

Location: SU main campus, room TBA

Clive Turner has been a well-known face in the D.C. art community, where he lived for 15 years. Turner was selected to paint on the Washington Mall for the 2000 Smithsonian Folk Life Festival and has been awarded several grants from the D.C. Commission of the Arts and Humanities. This beginning and intermediate level class is designed for those who want to learn how to use charcoal. This course offers a flexible and innovative teaching style to help you make the most of your creative abilities. Participants will learn the importance of observation, while experimenting with charcoal materials, drawing technique and still life objects. This class will emphasize a strong foundation in fundamental drawing principles while providing an opportunity for exploration and individual discovery. Each participant will walk away after five weeks with a better understanding of charcoal, stronger drawing techniques and the ability as well as confidence to work on their own.

Art Using Charcoal: Colors in Pastels-Part II

Taught by Clive Turner

WED March 17 – April 14 6 to 8 p.m.

Course: CONT 231 CLL2 Cost: \$89 1 CEU

Location: SU main campus, room TBA

This beginning and intermediate level class teaches the basic elements of color through the use of pastels. It builds well on the class "Shades of Charcoal" but the previous course is not necessary prior to this course. In an open learning environment, participants will learn how to make art using pastels as well as how to see and understand color. Lessons will include the color wheel, shading techniques, mixing and blending colors and showing depth in your work. By the end of this class, participants will have developed a much deeper sense of color, allowing them to work independently in pastels or even apply their new skills into painting.

Wine Tasting 101

Taught by James Bogaty, owner of Veramar Vineyards

WED Feb. 17 (one day) 2 to 3 p.m.

Course: CONT 418 CLL1 Cost: \$49

Location: Westminster Canterbury, room TBA

Wine can be intimidating and confusing; learning about it can be exciting and invigorating. The ultimate evaluation of any wine is "Do you like it?" The mythology of wine may seem daunting when you're first handed a 20-page wine list or standing in a store with hundreds of labels from which to choose. Learn the art of wine tasting basics. This one-hour crash course will give you just enough information and a taste for wanting more. Advanced reservations are required and space is limited to 20 guests.

Participants must be 21 years of age to take this class with proof of age provided on site at the beginning of the course.

Wine Tasting 202

Taught by James Bogaty, owner of Veramar Vineyards

WED Feb. 24 – March 10 2 to 3:30 p.m.

Course: CONT 418 CLL2 Cost: \$89 .5 CEU

Location: Westminster Canterbury, room TBA

Few things are more intimidating than wine tasting. You may feel that you lack the knowledge and experience to properly taste wines. First thing that any wine taster should do is to just relax! This is a very personal experience. There are few absolutes in wine tasting or few right or wrong answers. The ultimate evaluation of any wine is "Do you like it?" Remember, wine is supposed to be fun. This class is designed for those seeking more advanced knowledge about wine and is a perfect complement to those completing our Wine 101 course. We'll take a more analytical perspective with each of the wine varieties, which will lead to deeper discussions about wine in general. If the 101 class left you wanting more, this class gives you more - three times more information and three times more tasting. Advanced reservations are required and space is limited to 20 guests. Participants must be 21 years of age to take this class with proof of age at the first class meeting.

Summer Study in Business at Oxford University

July 2 – 17, 2010

Through a special partnership between the Byrd School of Business at Shenandoah University and St. Peter's College of the University of Oxford, SU is offering a collaborative education program during July 2010. Building on the highly successful 2009 summer program and led by SU's Byrd School of Business dean, Dr. Randy Boxx, and SU's dean for Global & Community Education, Dr. RT Good, this program will include lectures by Oxford faculty and other business leaders focusing on globalization, world economies, and the development of global companies. The city of Oxford is close to the British economic hub of London and has a rich commercial history. St. Peter's College is one of the younger colleges that comprise the world-class University of Oxford, measured in terms of its foundation in 1929 and Royal Charter in 1962. Through the College's diverse buildings, however, connections to the academic, ecclesiastical, and commercial history of the inspirational City of Oxford go back much further. This is a unique opportunity to blend learning between the global focus that is Shenandoah University's growing identity and the rich foundations that characterize St. Peter's College at the University of Oxford. For additional information, please call 540-665-5442.

THURSDAYS

Retirement Planning Today® I

Taught by J. Edward Slonaker

THU March 4 and 11 6 to 9 p.m.
Course: CONT 134 CLL1 Cost: \$49 .6 CEU
Location: SU main campus, room TBA

It takes more than money to live the quality of life you hope to live during retirement. This course blends both financial planning with life-planning skills to help you learn to build wealth and align your income with your values and lifestyle goals. In just two entertaining and educational sessions, participants will discover strategies for managing investment risks, saving money on taxes, asking the right questions before buying insurance coverage, investing in and harvesting funds from retirement plans and determining the savings needed to successfully retire. This solely educational course includes a 235-page illustrated textbook for your personal use. Couples may attend together for a single registration fee of \$49. Class sizes are limited so register today.

Culinary Secrets of the "Five Mother Sauces"

Taught by Jamey Nutter, Chef for Sodexo

THU Feb. 11 - March 11 6 to 9 p.m.
Course: CONT 032 CLL1 Cost: \$139 1 CEU
Location: SU main campus, Clement Dining Room

Professional chef, Jamey Nutter will present this spring the "Five Mother Sauces" in our fourth season of his culinary secrets. This course was a request from participants in his first class two years ago. Nutter says that all sauces are derived from these five sauces and he will show participants how to pair up foods with each sauce that best expresses its flavor. During the course Nutter will also give participants a few of his creative soup recipes that anyone can create with a look and taste of professionalism. Class size is limited, so register early.

Micro Photography

Taught by Leo Schweiger and Joe Alderman

THU Feb. 11- March 11 6:30 to 8:30 p.m.
Course: CONT 072 CLL1 Cost: \$89 1 CEU
Location: SU main campus, Cooley Hall, room 106

Join us as we explore the smallest world of photography, microphotography. You will learn the use of soft boxes, diffusers, ring lights, and adapter lenses for extra magnification, especially useful for nature photographers. This course is also valuable for students illustrating or preparing reports requiring images of small objects. Prerequisites are the use of a digital SLR camera with lens, capable of taking low or higher magnifications, and the ability to use and remove multiple flashes. Approval by instructor is required.

Colored Pencil Painting

Taught by Marian Miller

THU Feb. 11 - March 11 5:30 to 7:30 p.m.
Course: CONT 167 CLL1 Cost: \$89 1 CEU
Location: SU main campus room, TBA

It's time to bring out your colored pencils and see for yourself what you can create with a unique style of colored pencil painting. You'll be amazed as you learn the fundamentals of composition, layering and coloring. You will also study commercial art designs that will greatly enhance your own drawings. Hands-on class work is designed to provide participants with an artful experience. During this five-week class, you will create several small projects. No previous drawing experience is necessary. The artist's personal experience will become the surest guide in choosing a brand of colored pencils with which to work.

Revitalizing Your Landscape and Discovering What Lives There

Taught by Donna Williamson

THU Feb. 11 – 25 10 a.m. to 2 p.m.
Course: CONT 430 CLL1 Cost: \$89 1 CEU
Location: SU main campus room, TBA

Many homeowners have become tired of stiff, stale and predictable landscapes of lawn and evergreen shrubs clustered around the foundation. These landscapes lack the life and vitality of a more interesting sustainable landscape that combines the elements of low maintenance and biodiversity. By using both native plants and a wide array of ground covering plants, homeowners can reduce the amount of space allocated to lawns and develop interesting and lively year round landscapes that will delight young and not-so-old alike. Birds and butterflies will be regular visitors to a more diverse landscape. Small and large landscapes can benefit from new planting techniques that allow for more fun, figure in those inevitable impulse purchases of great plants, and are both relaxed and forgiving for today's busy gardeners. Explore a wider palette of plant choices and make life easier. Bring a bagged lunch.

Watercolor Secrets and Techniques

Taught by Marian Miller

THU March 18 – April 15 5:30 to 7:30 p.m.
Course: CONT 168 CLL1 Cost: \$89 1 CEU
Location: SU main campus room, TBA

This class is for beginning and intermediate students. During the first class, the artist/instructor will demonstrate examples of basic watercolor techniques and how they work. As *control* of the medium is understood painting techniques improve dramatically. This is a hands-on class. Participants learn basic techniques and watercolor secrets in order to create very satisfying paintings. Having the correct tools for the job also makes a difference such as palette, paint brushes and paper. During the rest of the course participants will learn basic layouts and composition then transfer the watercolors to enable the drawing to come alive.

You and Your New Camera

Taught by Leo Schweiger and Joe Alderman

THU March 18 – April 15 6:30 to 8:30 p.m.
Course: CONT 060 CLL1 Cost: \$89 1 CEU
Location: SU main campus, Cooley Hall, room 106

Did you get a new camera over the holidays and want to learn how to get the most from your new equipment? Point and click

cameras are helpful but cameras with features to allow you to bring clarity and focus to your compositions help to bring photography into an art form. Join this five-week class and learn how to handle some of the special features provided by your new equipment. This workshop is specifically designed for new photographers interested in improving their skills. The digital camera, the computer, software and the printer all combine to make images of outstanding quality. This hands-on workshop will combine the camera's technical functions such as focusing, exposure, zooming and framing with the ingredients of space, time, light and color to make your camera work for you!

Remembrance in the Wake of the Holocaust

Taught by Petra Schweitzer

THU March 18 – April 8 6 to 8 p.m.

Course: CONT 329 CLL1 Cost: \$89 1 CEU

Location: SU main campus, Cooley Hall, room 106

This course will serve as an introduction to Holocaust Studies. At the heart of this seminar lies the quest for testimony and memory in the context of the Nazi program for the destruction of European Jewry. This course will familiarize students with the history of the Holocaust and different disciplinary approaches into the study of the Shoah. While we will explore more historical topics needed for an understanding of the period, such as anti-Semitism, the rise of Nazi Germany and the Final Solution, it also draws on works that probe literature and art. In this context, we will view parts of Claude Lanzmann's documentary *Shoah* and the PBS documentary *The Trial of Adolf Eichman*. We will have a guest speaker from the United States Holocaust Memorial Museum, Washington, D.C. In addition, we may plan a visit to Holocaust Museum in D.C. In addition, participants in the course are invited to participate for free in the Holocaust Remembrance Conference held at Shenandoah University the weekend of April 11 – 13, 2010. Event information will be provided during the class but include special speakers, a concert by the Audubon Quartet, a reading of the names of victims ceremony, presentation by the U.S. Holocaust Museum, and a keynote address by Deborah E. Lipstadt, Dorot Professor of Modern Jewish History and Holocaust Studies for the Tam Institute of Jewish Studies at Emory University.



SATURDAYS

Retirement Planning Today® I

Taught by J. Edward Slonaker

SAT March 13 and 20 9 a.m. to 12 noon

Course: CONT 134 CLL2 Cost: \$49 .6 CEU

Location: SU main campus, room TBA

It takes more than money to live the quality of life you hope to live during retirement. This course blends both financial planning with life-planning skills to help you learn to build wealth and align your income with your values and lifestyle goals. In just two entertaining and educational sessions, participants will discover strategies for managing investment risks, saving money on taxes, asking the right questions before buying insurance coverage, investing in and harvesting funds from retirement plans and determining the savings needed to successfully retire. This solely educational course includes a 235-page illustrated textbook for your personal use. Couples may attend together for a single registration fee of \$49. Class sizes are limited so register today.

Basic Elements of Bowling for Beginners

Taught by Richard Ashby

SAT Feb. 6 – March 06 10 a.m. to 12 noon

Course: CONT 101 CLL1 Cost: \$89 1 CEU

Location: Northside Bowling Lanes, Winchester

Have you tried bowling before? And you like it...but really didn't know much about the game? If so, this class is designed for adult beginners who wish to start off on the right foot in bowling. Mr. Ashby, will teach you techniques that every bowler should know before bowling. These valuable techniques include: lane courtesy, safety, your approach, target shooting and the release of the ball. During this five-week course and using all of the techniques studied you will be bowling actual games to see how each technique works best for you. A fee of \$25 is to be paid to Northside Lanes for use of lanes and shoe rental for the five weeks at the first week of class.

Fourth Annual Mountain Dulcimer Week

July 12 – 16, 2010

Join in the fun of learning to play the dulcimer at the fourth annual Mountain Dulcimer Week at Shenandoah University. The sounds of the mountain dulcimer are as traditional as the valley itself, and the instrument is easy to learn. For additional information, please call 540-665-4552.