

FALL TERM 2023
COURSE DESCRIPTIONS

Meet your instructor by clicking on the Instructors tab on the Home Page

ACRYLICS FOR BEGINNERS Students will learn the bare bones basics of acrylics, including a limited paint palette, brushes and their care, patterns and how to make them, glazing, layering, textures and tools, and much more! This course is designed to give students the confidence to paint, as well as to continue on to the next level in their adventures in art.
Your instructor is Loran Chavez.

AWAKENING TO GAIA: CREATING A NEW PARTNERSHIP FOR PLANETARY HEALTH *New Course!* Embrace the Call of Mother Earth: Unleash Your Power to Heal and Thrive! In the face of a potential planetary catastrophe and the looming threat of our own extinction, there is a profound and urgent call for humanity to awaken! Students will join in on an awe-inspiring journey of discovery and transformation as they delve into the essence of Bob's new book *Conversations with Earth: Wisdom in an Era of Crisis*. Prepare to embark on a life-changing adventure, where you'll uncover the profound truth that our planet is not just a lifeless rock, but a sentient and communicating being – Mother Earth herself! Through the power of meditation and practical exercises, students will be guided to unlock the hidden potential within themselves and contribute to the well-being of our beloved planet.
The instructor is Bob Maldonado.

BACH, BEETHOVEN, BRAHMS and BARTOK Have you ever wondered what to listen for in classical music and how the music of composers differs? This music appreciation course will highlight compositions from four different composers, each representing a different era from Baroque to Contemporary. Increase your knowledge and appreciation of classical music by understanding how the culture and world conditions influenced the creators of this lasting art form. *The instructor is Vincentine Williams.*

THE BLACK DEATH: THE WORLD'S MOST DEVASTATING PLAGUE
New Course! Students enrolled in this course will concentrate on "The World's Most Devastating Plague" which hit Europe in 1347 and is often called the Black Plague. They will study the plague in some detail but will also discuss the "Plague of Justinian" and the last outbreak of the plague in Canton and Yunnan China and India in 1894. Students will also learn about "The Great Influenza of 1918". Often call the Spanish Flu, it may have started in Kansas. For a less deadly topic, students will ponder "The Dancing Plague of 1518" in Germany.
The instructor is Art Holder.

THE BRAIN IN LOVE: THE NEUROBIOLOGY OF RELATIONSHIPS *New Course!*

Have you ever wondered what happens inside your body and mind when interacting with your spouse or partner and children? Students will focus on how primal emotional circuits in the brain and hormones generated by our endocrine system drive intimate human behavior. The instructor will briefly describe how the brain and endocrine systems operate. He will walk through the stages of love: Romance (Lust), Attraction, Attachment, Parenting, Death or Divorce. Using many illustrative color slides and short videos, the instructor will explain the development and end of love. Drawing on 52 years' experience as a psychologist, couple and family therapist, and neuroscientist, he will describe how intimate love operates.

The instructor is Harvey Joanning.

FAIRHOPE LIT: WRITERS PAST AND PRESENT *New course!* "Fairhope has more writers than readers." So said Winston Groom. Never happened! "Can't swing a dead cat without hitting a writer!" Rick Bragg? That dog won't hunt! Want the real story? In addition to an artist's colony, Fairhope has been a writer's enclave too. Students will go back to the books that inspired Fairhope into existence. They will peruse the novelists, nonfiction-ists, oddballs, and never heard ofs, from the early years to the present. *Your instructor is Alan Samry.*

THE GOSPELS: FOUR VIEWS OF THE EVENTS We know the four Gospels of the New Testament as loose-knit, episodic narratives of the words and deeds of Jesus, culminating in his trial and death and concluding with various reports of his post-resurrection appearances. Why are these accounts so different? The answer lies in many factors that will be explored in this study. The advantage of having four distinct perspectives will also be pursued. Scholars recognize that the differences in details among the Gospels are irreconcilable, and any attempt to harmonize them would only disrupt their unique theological messages. The instructor will lead a discussion through which students will compare and contrast these Gospels. Students are encouraged to bring a Bible. *The instructor is Toby Gurley.*

GROWING AND PROPAGATING AFRICAN VIOLETS African violets have become the favorite houseplant across the world. This course will cover the seven key factors for successfully growing violets – light, watering, feeding, grooming, environment, soil, and potting. The instructor will discuss procedures for propagating violets from leaves and suckers. Hybridizing your violets will result in the development of new and differently colored flowers, some of which can be truly spectacular. You will learn techniques for cross-pollinating flowers, Planting the resulting seeds, and caring for the seedlings to adult blooming plants. There will be demonstrations of grooming, repotting, propagation from leaves and suckers, and cross-pollination of two flowers to produce hybrid seed. *To see the immense size which these violets can attain, click on the Project Photo Gallery link on the homepage of the Courses tab.* For further information on the subject of African violet propagation and on the instructor, see the article in Mobile Bay Magazine at <https://mobilebaymag.com/meet-jere-trigg-the-violet-guru>. Plants will be available for purchase. *Jere Trigg is your instructor.*

BEE INFORMED: EXPLORE THE WORLD OF BEEKEEPING *New Course!*

Students will learn why honeybees are critical to our environment and to our species. Instructors will describe and explain factors that help bees to thrive and outline threats to their health and productivity. *The instructors are Brandon and Becka Hargraves.*

BASIC PIANO – LEARN TO PLAY! *New Course!*

Bring your own keyboard and learn to play piano! In this course, students will be introduced to the basic concepts and skills needed to play the piano. *Your instructor is Jo Bond.*

ESTATE PLANNING: THE FIVE ESSENTIAL DOCUMENTS Comprehensive estate planning often requires using several estate planning documents interactively, i.e. Will, Trust, Durable Power of Attorney, Alabama Health Care Directive, and the (often misunderstood) Beneficiary form. This course will acquaint you with the ins and outs of each these documents and will include suggestions on how to use them collectively to achieve your estate planning goals. It will examine several real-life situations where estate planning went terribly wrong...and why. The course will be interactive, and you will receive several estate planning checklists that you and/or your family might find useful in various situations. *The instructor is John Brown.*

KURT VONNEGUT AND A MELIORATING RESPONSE TO AMERICAN PESSIMISM
New Course

Kurt Vonnegut is a well-known writer of the post-WWII generation. His writings are infused with the pain of his experience as a participant in the war. His son once wrote of him that he was an optimist posing as a pessimist. He wrote 14 novels in the decades from the 1950s to the 1990s, and these had a major influence on the thinking of two generations of readers. Students will participate in a 90-minute discussion focusing on Vonnegut and his novels. Following lunch, a second 90-minute session will examine ways to meliorate the pessimism that Vonnegut wrestled with, and with which we wrestle today. That discussion will focus on the roles of science and religion, of the family, and of faith in making life on earth meaningful and fulfilling. *Your instructor is Michael Darring.*

LIFESTORIES: CREATING A MEMOIR Learn how to write stories for future generations. Students will receive inspiration, motivation, and organizational tips for beginning the project and staying on track. Guidance will include what topics to choose, formatting (chronological versus random stories), and tips on how to make their writing sparkle in order to keep their readers engaged. Students will learn how to write the text, include some photos, and have pages bound into a simple, inexpensive booklet that, when finished, will make a priceless gift. *Instructor Roseanne Gulisano will provide handouts containing helpful hints and ideas.*

MINDFULNESS BASED STRESS REDUCTION (MBSR) *New Course!*

This course will provide students with an introduction to using mindfulness to reduce stress. Much research has found MBSR to be very helpful in lowering stress and anxiety. Instructor will utilize a structured online course of talks from a number of trained professionals in conjunction with guided meditations each week. To gain maximum benefit from the course, participants should ideally plan to set aside a small amount of time for daily practice. *Your instructor is Nick Coulson.*

NOT YOUR CHILDREN'S FAIRY TALES *New course!* Folk and fairy tales are the earliest forms of our literary tradition. Told around the fireside by non-literate tale-tellers in communities all around the inhabited world, they speak of the longings, hopes and fears of common peoples. Students will look at some of the most familiar fairy tales as we know them and discover how they were shaped by the experiences of the cultures from which they arose and how they changed over time. Finally, the class will conclude with some modern-day fairy tales that reshape the old ones for today's readers. *The instructor is Margaret Davis.*

THE STREETS OF FAIRHOPE: STORIES BEHIND THEM *New Course!*
Ever find yourself wondering about the street names in Fairhope? Well, wonder no more! The instructor is going to hop around (he wears a fake leg, you know) town while standing inside a classroom and share the who, what, where, when, how, and why of our eclectic street names. If you've read "Whose Streets are These" in his book *Mapping Fairhope*, but want more details, now's your chance. The instructor will expand your knowledge of the streets by introducing photographs and documents that relate to these early streets' names. It's a crash course (pun intended) on the stories behind the streets.

The instructor is Alan Samry

TAIJI (TAI CHI): DEVELOPING BALANCE AND BODY AWARENESS

Students will learn "eight pieces of brocade," a traditional qigong Chinese system of cultivating vital energy 氣qi through coordinated breathing, movement, meditation, and Yang simplified 24 movement 太極拳 tàijíquán. Practitioners will develop lower body strength, balance and bodily awareness. Taiji was developed from 5th Century qigong and codified in the 17th Century. The UN lists Taiji as an Intangible Cultural Heritage of Humanity.

The instructor is Elliot Lauderdale.

TEMARI: MAKING JAPANESE EMBROIDERED THREAD BALLS Temari began as a Japanese kick toy constructed from the remnants of old kimonos bundled into a ball and stitched. Later stitching became more decorative and detailed with intricate embroidery, and Temari evolved into an art. Students will learn how to prepare Temari for sewing and to use the Spindle, Interlocking Diamonds, Chrysanthemum, and Rose Garden patterns. Past students are encouraged to learn new techniques. *To see examples of this unique craft, click on the Project Photo Gallery link on the homepage of the Courses tab.* Materials fee is \$35, or past participants may bring their own supplies. Bring scissors! **Class size is limited.** *The instructor is Blair Heald.*

WALKING THE JEWISH BIBLE SERIES: ANGELS *New Course!* Students are invited to a study of encounters with angels throughout Hebrew scripture. What are they and why do they appear? Students are encouraged to come, not only for answers, but also to bring their questions. All who attend are requested to bring a Bible of their preference.

The instructor is Rabbi Steven Silberman.

THE WAR IN UKRAINE AND GLOBAL CONSEQUENCES *New Course!*

Students will spend 45 minutes to one hour hearing an instructor-led review of the war in Ukraine and its global impacts - from energy, to food, to shifting alliances and trade networks. For the remainder of the class, students will participate with the instructor in a discussion forum and question and answer session. *The instructor is Mara Kozelsky.*

WATERCOLORS FOR BEGINNERS Students will learn the basics of watercolor, including a limited paint palette, brushes and their care, paper types, patterns and how to make and transfer them, washes, glazing, textures, tools and much more! This course is designed to give students the confidence to paint, as well as to continue to advance to the next level in their artistic journeys. The course is designed both for beginners and for those who have previously been painting with watercolors. *Your instructor is Loran Chavez.*

WATERCOLORS WILL DO WHAT?! INTERMEDIATE WATERCOLORS

Students will build on the knowledge and skills they acquired in beginning watercolors. Instructor will introduce color wheels and complimentary colors, along with the importance of using darks and lights in a painting. Students will do more complicated projects, learn new techniques and, just as important, have fun! *Prerequisite: Watercolors for Beginners*
Your instructor is Loran Chavez.

WINE TASTING AT RED OR WHITE

During the tasting, participants will be presented various wines with appropriate pairings of meats, cheeses, and other foods. *Alex Little of Red or White will conduct the event.*

YOGA: BREATHING AND POSES Students will focus on breath awareness, ease of transitions between poses, and balance. Yoga experience is helpful but beginners are welcome. Yoga mat, strap, block, optional but helpful. Bring towel or light blanket for padding if needed. Expect a casual atmosphere, good music and most importantly, a good time!
Your instructor is Mary Normann.