

## COURSE DESCRIPTIONS

*Meet your Instructor by clicking on the Instructors tab on the Home Page.*

*You may view the Project Photo Gallery by clicking on the link on the Courses Page.*

**ACRYLICS FOR BEGINNERS** Students will be working with a limited palette, focusing on these painting techniques: blending, layering, glazing, highlighting, and much more! Inexperienced students will receive a supply list at the first class. If you have painted a bit before and have some supplies, bring them with you and instructor **Loran Chavez** will make recommendations on items to add or subtract from your paint box. **Class size is limited.**

**AMERICAN SIGN LANGUAGE FOR PROFESSIONALS – PARTS 1 AND 2** These intensive courses will provide instruction in simple American Sign Language to enable professionals such as nurses, police and fire personnel to communicate with deaf persons whom they may encounter during their workday. We will also discuss aspects of deaf persons' culture so that students might understand their perspective: the challenges they encounter, how they navigate without sign language to help them, the emotional toll they suffer being dismissed or looked down upon by others, and the successes they have achieved although hearing-impaired. Students will also learn about the history of schools for the deaf and how children are taught. **Part 1:** The text is *American Sign Language for Dummies*, by Adan R. Penilla II and Angela Lee Taylor, available on Amazon for about \$18. **Part 2:** This course is designed for students who have completed Part I. It continues the studies and provides guidance in how to sign in the workplace. Students will be invited to participate in dinners for the deaf and to volunteer at schools for the deaf in order to hone their skills. The text is *Learn American Sign Language*, by J.W. Guido, which was used in Part I last term. **Cheray Bixler** is the instructor. **Class sizes are limited.**

**AWAKEN THE MYSTICAL ARTIST WITHIN** In this course, students will explore art in a new way that is fun, free, and flowing, using lots of color that flows onto paper using soft pastel chalks. Unlike the techniques of traditional art, students will use guided meditation that helps them investigate subjects of interest to them, such as problem-solving, dreams, upcoming decisions, issues in relationships, etc. In one class, a student wanted to know about a chronic illness; another had a pet exhibiting new and strange behavior and the owner wanted to know what she was up to. The student then studies and interprets his drawing to learn more about the subject. These are shared in class and the other students offer interpretation and insights. Students will have lots of fun with instructor **Bob Maldonado** doing soul portraits to bring more awareness of their gifts and life purpose. **Class size is limited.**

**BIRDING 101 –JUST IN TIME FOR SPRING MIGRATION! *New Course!*** Learn the basics of bird identification using physical characteristics such as size, shape and color and how they are related to behavior, diet and habitat. Students will also learn about seasonal variations in plumage and range and become familiar with common bird calls. **Carol Furman** will give instruction on the proper use of binoculars and provide valuable tips for tricky identifications. An optional, free field trip can be arranged, and during this time of year there are regularly scheduled Eastern Shore Birders/Mobile Bay Audubon trips. Bring your binoculars if you have them.

**BOGS AND BRANCHES: SELECTED HABITATS OF SOUTH BALDWIN COUNTY AT WEEKS BAY RESERVE** This course offers participants a close look at selected ecologically important habitats in south Baldwin County, all located at Weeks Bay Reserve. The different environments contribute to the value and function of the Weeks Bay estuary, where freshwater and saltwater meet. Students will learn about the habitats, their different roles in the estuary ecology, and how they influence the plants and animals that live there. In addition, participants will learn about the diverse trees and other native plants that inhabit Baldwin County and Weeks Bay Reserve. This course is composed of lectures, a pontoon boat trip, and walking tours. Wear sturdy shoes and outdoor attire. Bring bug repellent. **Fred Nation** is the instructor. **Class size is limited.**

**CHAIR YOGA – SITTING AND STANDING** This course is helpful for anyone who wants to exercise but has difficulty with floor postures (weight on hands and knees or repetitive movement on and off the floor) because of knee pain, extra weight, arthritis, etc. It begins with breath work and seated yoga postures in a chair. We then stand by the chair (or use the wall) to improve balance and strength in standing poses. Participants have the option to stay in their chairs or wheelchairs or lie on the floor for relaxation at the end. Bring a yoga mat. Blocks and straps are provided; they are optional but will help you to perform to your greatest potential. The instructor is [Billie Reinhart](#).

**DEEP GREEN FAITH: HOW WORLD RELIGIONS EXPERIENCE NATURE, AND FAITH COMMUNITIES PRACTICE CREATION CARE** *New Course!* This course explores how the major religions view the natural world and how faith communities promote Creation Care. We begin with how world religions portray the relationship between humans and nature by examining topics such as creation stories, the divine in nature, human responsibilities, personhood, etc., and by comparing the major religions: Animism, Judaism, Islam, Christianity, Hindu, and Buddhism (including Daoism and Shintoism). Instructor [Ran Nisbett](#) will address the current efforts by various U.S.-based faith communities to create an ecumenical movement promoting Creation Care. We will explore as well how individuals and communities can re-engage with Nature, become better informed on environmental issues, and transform their relationship with the environment through contemplation and stewardship practices. **Class size is limited.**

**DEVELOPMENT OF THE SHORT STORY IN AMERICAN LITERATURE** *New Course!* This course will trace the development of the short story form in the U. S. from its beginnings in romanticism through its present form of pluralism. [Margaret Davis](#) will help us consider the cultural and historical events that prodded writers to shift both form and content to reflect the times. We will read two short stories each week, stories that represent the literary categories of romanticism, realism, naturalism, modernism, post-modernism, and pluralism. All the stories except one can be downloaded from the internet.

**DIGITAL PHOTOGRAPHY** No matter what kind of camera you use (digital single lens reflex, compact camera, mirrorless or cell phone) the fundamentals of photography remain the same. In this course, [Gene Sellier](#) will cover topics such as portraits, landscape, close-up or macro and action photography, and how to apply the principles of composition and lighting to obtain the best image. Computer software to organize, edit and distribute your images will be presented. Computer hardware and printers will be discussed. Since so many digital cameras today can record video as well as stills, there will be an introduction to making videos. Bring your camera and manual to class. **Class size is limited.**

**FAIRHOPE HISTORY** *New Course!* Whether you just moved to Fairhope or have lived here for decades, do you ever wonder what makes Fairhope, Fairhope? It's her history! In this course, [Alan Samry](#), former Director of the History Museum of Fairhope and familiar to many as a librarian at the Fairhope Public Library, will review 125 years of Fairhope's people, places, and events. Students will discover and discuss the characters (single-taxers, intellectuals, educators, builders, artists, authors, eccentrics and librarians, too) and the places, natural and built, that make Fairhope unique.

**FAMILY RELATIONSHIPS: SELECTED SHORT STORIES** *New Course!* In this course, students will read and analyze a variety of 20th- and 21st-century short stories by American writers. These focus on the dynamics of family relationships and the interaction of family members during situations and conflicts common to modern families. The stories for the first class will be available a week in advance so that the material can be read before class. The instructor is [Brenda Huchingson](#). **Class size is limited.**

**THE GREAT AMERICAN SONGBOOK: WHAT IS IT?** *New Course!* This course is an introduction to the music that is known as the Great American Songbook. Lectures will be interspersed with recitals on the piano of selections dating from the late 19<sup>th</sup> century to the 1950s. This music is also known as “the standards.” Although there are few women composers of this music, we will cover as many of them as possible, including those from the big band era. **Jeanine (Dr. Jazz) Normand** is the instructor.

**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. Your instructor, **Jere Trigg**, will discuss the 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 Jere’s violets can grow to, click on the project photo gallery link on the Courses page.* Plants will be available for purchase.

**GUITAR FOR BEGINNERS** *New Course!* This course starts at the beginning of the journey to playing music and will put you on the right path to learning your guitar. Whether you’ve just picked up a guitar for the first time or perhaps you have learned a few chords, Guitar for Beginners starts with an overview of the instrument and covers tuning and note formation, chord formation, and song structure. The course ends on rhythm and picking styles with a dash of music theory. Students must provide their own guitar; instructor **Jessie Patterson** will provide information about purchasing an instrument. Children under the age of 18 must be accompanied by a parent or guardian at every class. **Class size is limited.**

**HISTORY AND THE MOVIES** *New Course!* Using some of the more well-known figures and episodes in history, we will explore how they have been treated by film makers. The course is designed for those who enjoy both history and movies. Wherever possible, we will show film clips to examine the fidelity and the literary license Hollywood has used when portraying the past on the silver screen. The instructor is **Rick Byrd**.

**INTRODUCTION TO BLOCK PRINTING** *New Course!* Explore one of the oldest, yet most versatile of artistic media. We will cover linoleum and woodblock techniques, with traditional drawing and some contemporary approaches. Students will learn all the basics of relief printing - how to transfer designs to blocks and print in color on paper and fabric. *See sample designs on the project photo gallery link on the Courses page.* During this course, each student will complete 3-4 blocks of their own design. The materials fee provides for cutting tools and supplies. **Register by April 11 to allow for ordering materials.** The instructor is **Anne Brooks**. **Class size is limited.**

**ITALIAN LANGUAGE: BEGINNERS AND INTERMEDIATE** This term we are offering three Italian courses. Whether you are planning a trip to Italy or you just want to learn a new language, you are going to enjoy *Italian for Beginners and Travelers*. Students will learn basic language, grammar, conversation and a little bit of Italian culture while having fun together. *Intermediate- Part 1* is a continuation of the Beginners course. It is open to those students who have taken that course, and as an exception, to those who are already confident with the language’s basic rules and pronunciation, subject to the evaluation of the instructor. *Intermediate- Part 2* extends your studies. It is open to students who took our earlier Intermediate course or qualify subject to evaluation. **Manuela Ruggiero** is the instructor. **Class sizes are limited.**

**ITALIAN WINE TASTING AT THE RED OR WHITE** *New Course!* Expand your palate by sampling some fine Italian wine under the sure guidance of Will Dixon, manager of the (cleverly named) Red or White wine store in Fairhope. He will introduce us to wines of different types and from different regions and share basic terminology and recommended food pairings as well. And hey! If you know all that and just want to try some outstanding wines, come along! Hors d'oeuvres complementary to the wines will be served. **Class size is limited.**

**LEARN HOW STORYTELLING SKILLS CAN BE USEFUL TO YOU!** *New Course!* Storytelling is a wonderful tool for improving your social skills, sharing family history or giving a speech. Being at ease when presenting information, entertaining folks with a story, or in a classroom setting is a gift for all to use and enjoy. Learn the skills and technique tips from a storyteller with 43 years of experience. The instructor is [Irene Wegner](#). **Class size is limited.**

**LIFESTORIES: CREATING A MEMOIR** Learn how to start writing life stories for future generations. Students will be provided inspiration, motivation, and organizational tips for beginning the project and staying on track. They will be guided as to what topics to choose, formatting (chronological vs. random stories), and tips to make their writing sparkle and keep readers interested. Students will be shown how to write the text, include some photos and have the pages bound into a simple, inexpensive finished booklet that will be a priceless gift. [Rosanne Gulisano](#) will provide handouts containing helpful hints and ideas.

**THE PERILS OF UNCERTAINTY: THE GULF COAST, 1783-1803** *New Course!* While the Gulf Coast is often a forgotten page in the history of the American Revolution, the period immediately following the Revolution is often overlooked as well. Popular conceptions of the late 18<sup>th</sup> century on the Gulf Coast are often confined to Louisiana and the events there leading up to the Louisiana Purchase. This course will focus on the entire Gulf Coast and some of the oft-forgotten people who shaped events and set the stage for the Louisiana Purchase. We will examine the interaction of people, commercial enterprises and governments that made the Gulf Coast the fascinating place it has become. [Rick Byrd](#) is the instructor.

**PROTEST IN CHINA, FROM TIANANMEN SQUARE TO HONG KONG** *New Course!* This course will examine the recent protests in Hong Kong and then go back in time, to the Tiananmen Square movement of 1989 and beyond, to explore what protest means in Chinese political culture. The instructor is [Harry Miller](#).

**SAILING FUNDAMENTALS** There are many dimensions to sailing, and this course will give you a little exposure to what it is like, to see if it is something you might enjoy. This basic how-to-sail course will include nautical terms, points of sail, sail trim, steering, right-of-way rules and safety in three classroom sessions, followed by a three-hour, hands-on sail, to be scheduled later. [John Helmstadter](#) is your captain. **Class size is limited.**

**SELF-CARE PRACTICES FOR HEALTH AND WELLBEING** This is a practical self-help healing approach that produces positive emotional, mental, physical and spiritual changes and brings more balance, joy and awareness into your life. The course is designed around a core of gentle and effective techniques and practices that include meditation, movement, breathing, healing, and affirmation techniques. It will foster more awareness and grounding and allow for deeper understanding and healing of self. No experience is necessary. Wear comfortable clothes and bring a light lunch. [Bob Maldonado](#) is the instructor. **Class size is limited.**

**SEWING MADE SIMPLE 4 Short Courses!** [Dianne Bernasconi](#) is the instructor. **Class sizes are limited.**

**KNOW YOUR SEWING MACHINE** If you would like to take our other sewing courses, it is essential that you know your sewing machine. This course is not a prerequisite if you are already comfortable working all of its features. If you are not interested in the other courses but you'd just like to better understand all the things your sewing machine can do, you are welcome to come. Bring your sewing machine, operating manual and an extension cord, as well as fabric scissors, pins, and a seam ripper.

**PULL ON STRAIGHT SKIRT** *New Course!* Students will make a flattering straight skirt from a power knit fabric. The kit contains fabric and a pattern so student can make a wardrobe of skirts in a couple of hours. Bring your sewing machine and an extension cord, as well as fabric scissors, pins, and a seam ripper. **Register by March 15 so fabric selection can be ordered.**

**SIMPLE COCOON WRAP** *New Course!* This wrap is a copy of a Tahari wrap selling for \$500, is easy to make, and is very fashion forward. The kit contains fabric and a pattern. Get a jump start on holiday gifts!! Bring your sewing machine and an extension cord, as well as fabric scissors, pins, and a seam ripper. **Register by March 15 so fabric selection can be ordered.**

**ZIPPERS AND HEMS** *New Course!* Learn to insert zippers and hem garments by machine (blind hem and straight stitch). A zipper kit will provide fabric to practice on. Students can bring a garment to work on after they learn the technique! Bring your sewing machine and an extension cord, as well as fabric scissors, pins, and a seam ripper. **Register by May 12 so that the zipper kit can be ordered.**

**SIGHTINGS OF THE CIVIL WAR** *New Course!* This course will cover the tumultuous historical period of the U.S. Civil War. We will discuss the events that lead to the war and its aftermath. Contrasts will be used to show how the war was viewed in the North and in the South (where it was known as "The War of Northern Aggression"). The instructor is [Allen Todd](#). **Class size is limited.**

**THE SOUND OF MUSIC** *New Course!* Have you ever wondered about how instruments are combined to create the beautiful sounds in music? This aspect of music-making is called orchestration, and its application allows the composer to adequately express his intentions. For example, Sibelius uses the English horn in *The Swan of Tuonela* to evoke loneliness. This course is designed to help you learn about various instruments and recognize their distinctive sounds as we explore music from Broadway musicals through opera and ballet and on to the symphonic stage. The instructor is [Vincentine Williams](#).

**A STUDY OF THE BIBLE'S ORIGINS** *New Course!* This course will explore the origins and history of the development of the Holy Bible. We will begin with oral traditions of the Hebrew people and advance to the proliferation of translations and paraphrase editions we have today. Of particular interest will be the events leading to Canonization of the Old and New Testaments. [Toby Gurley](#) is the instructor.

**TATTING – IT'S NOT JUST FOR DOILIES!** This ancient form of lace making is enjoying a revival across the country. Consisting of one basic stitch, items are made by looping and tying knots using a cat-eye shaped shuttle and fine thread. Tatted items vary from trims on clothing and linens to Christmas ornaments, jewelry, and baby and bridal accessories. *Some examples appear on our Project Photo Gallery, but Google "tating photos" to see many more inventive designs.* Instructor [Vincentine Williams](#) will provide you initial supplies and suggestions for additional shuttles, threads and books. The financial cost is minimal. **Class size is limited.**

*Students completing the class will be guests of the Mobile Tatters Guild on Sunday, May 17 at their Founders Anniversary Luncheon.*

**TEDDY ROOSEVELT: THE EARLY YEARS** *New Course!* This course is the first of a 3-part series on Teddy Roosevelt's life and career that is planned by instructor **Art Holder**. **The Early Years** will examine T.R.'s growth to adulthood and the ways in which his early years were quite different from the persona he later cultivated. Growing up in a moneyed family, with all the expectations and constraints that it carried, not always robust in health nor venturing outside his house for fear of bullies, greatly under the influence of his siblings and an overbearing father, T.R. had much to overcome to emerge as a man of leadership and vision. Material covered will include his early years as a writer and historian, a leader of the reform faction of the Republican party in the New York legislature, and as Assistant Secretary of the Navy under President William McKinley. We will also delve into the lives of his accomplished children, in whose upbringing Teddy had a strong hand. The course establishes the underpinnings of his character and the accomplishments that will be pursued in two courses in subsequent terms: *Theodore the King* and *"The Old Lion Is Dead"* (his son's message to friends upon his death). Texts for recommended reading will be suggested but not required.

**TOOLS AND TECHNIQUES FOR ESTATE PLANNING** **John Brown's** goal for this course is to provide attendees with a solid understanding of the five basic estate planning documents: Will, Trust, Power of Attorney, Health Care Directive, and the (oft over-looked) Beneficiary Form. Estate planning goals can often be accomplished in several ways, some relatively simple, others more complex. The objective of this course is to prepare you for a visit with your attorney by acquainting you with these options and the primary advantages and disadvantages of each. Some of the topics we will discuss include:

- The four primary ways to pass along assets to heirs and advantages and disadvantages of each of them.
- Nine common mistakes people make when naming their beneficiaries that can damage their estate plan.
- Why persons named on your Beneficiary form take precedent over beneficiaries named in your will or trust.
- Why understanding the fundamental difference between how qualified vs. non-qualified assets are taxed at death is critical in estate planning
- How to choose your attorney and attorney-in fact (and whom not to choose).
- How to choose your health care agent (and whom not to choose).

Attendees will also be provided with several handouts and checklists that will serve as useful reminders for you and/or your survivors.

**TRADITIONAL OR SELF-PUBLISHING: PROS AND CONS IN TODAY'S NEW PUBLISHING WORLD** In this course, you will learn about going both the traditional route of publishing with mainstream publishers and agents, including how to do it and with real-world examples of success, and the self-publishing path, with step-by-step guidelines of what to do and how to do it. You will also learn marketing techniques that you can use for either path you take. Informative and fun, you will come away from these classes with clear ideas and action plans for getting your book out there to your readers. **John O'Melveny Woods** is the instructor. **Class size is limited.**

**TRAVEL SKETCHBOOK WITH WATERCOLORS** *New Course!* Enhance your travels by keeping a sketchbook. You are more likely to remember where you have been if you do your own sketchbook, and you can take pride in creating it. No skill level is required for this course...there's no right or wrong way to keep a sketchbook. **Jane Sellier** will show you how to keep it simple, interesting and satisfying. A supply list will be sent to you upon registering. **Class size is limited.**

**UKULELE FOR BEGINNERS** Learn the basics of this fun folk instrument. Students will achieve beginners' skills in tuning the ukulele, playing simple chords in different musical keys, and employing different strumming styles, all while playing many traditional, popular and Hawaiian songs. No musical knowledge required – just a willingness to have fun! Students must provide their own ukulele; instructor **Carl Couret** will provide information about purchasing an instrument. Children under the age of 18 must be accompanied by a parent or guardian at every class. **Class size is limited.**

**WATERCOLOR: BEGINNERS AND INTERMEDIATE** In *Watercolors for Beginners*, you will gain confidence in watercolor basics using a limited palette. The course concentrates on types of washes, paint, paper, and brushes, and all their uses. You will practice such techniques as dry brushing, masking, lifting, washes, glazes, bubbles, and more. You will create and complete paintings on your own, taking home a paint palette, paper, and four brushes. In the *Intermediate* course, you will take your watercolors further than you ever imagined with new techniques and tips, and you will work more with masking, using fluid, fabric and paper, bruising the paper, multiple layers, Chinese white as a resist, wax, nails, and more. See what you can do with this wonderful medium we call watercolor! The Beginners course or a working knowledge of the basics of watercolor is a prerequisite for this course. **Loran Chavez** is the instructor. **Class sizes are limited.**

**WOODCARVING FOR BEGINNERS AND BEYOND** In this course, students will learn woodcarving "in-the-round". Using a basic carving knife, instructor **Chip Smith** will introduce basic object shaping with a paring cut and explain how to interpret the grain of the wood as you carve. Each class will start a new carving project to help you practice and gain skill with the previously taught carving techniques and teach you new knife cuts, blocking, rounding and how and when to add detail. Projects will be taken home to be completed before the next class. As our carving projects progress, hand woodcarving gouges and tool sharpening will be introduced. There will be four carving projects for new students: Cowboy Boot, Santa, Comfort Bird, and Little Mountain Man. *They can be viewed on the project photo gallery link on the Courses page.* The materials fee includes the basic carving knife, a sharpening strop and all carving blanks. Those who have taken this course before will be introduced to more advanced projects, and the materials fee will be reduced to cover just the carving blanks. **Class size is limited.**

**YOGA FOR FITNESS AND STRESS MANAGEMENT** Find balance between getting a workout tensing all the major muscles in your body and releasing them into relaxing poses – from upright, forward, backward and sideways to twisting and inverted. As you practice yoga with emphasis on your breath and alignment, you become naturally more active and fit. And as you do yoga, you will feel better about yourself in body, mind and spirit. Explore your limits without feeling exhausted. You will feel refreshed, full of energy and ready for anything, with a calmer outlook on life. Bring a yoga mat and towel. The instructor is **Christina Caprez**.