



Center for Lifelong Learning

Center for Lifelong Learning, Inc
 UWF Emerald Coast Campus
 1170 Martin Luther King, Jr Blvd
 Fort Walton Beach, FL 32547
 CLL-FWB.org

Some of the New Classes

Chorus Group

Tuesday 11:00 to 12:15

Choral warm-up followed by 2 or 3 fun unison past popular songs. Then we will work on choral arrangements for a possible program.

Keyboardist **Nancy Knowles** has a music degree from the University of Colorado Music School.

Coastal Cooking w/ Chef Dan Pettis

Monday 11:00 to 1:00

Enjoy a Coastal Cooking Demo class and lunch with Chef Dan Pettis. This interactive class with lots of Q and A along with Chef Style tips and tricks in the kitchen will make you the hit of your next dinner party.

Chef **Dan Pettis** is a Northwest Florida native. His "One 20 Bistro" opened in Niceville in 2009 with great acclaim.

Crime, Criminals and other Cool Things

Thursday 1:00 to 2:30

This class will explore "cool things and hot topics about crime and criminals." Subjects may range from serial killers, to the Mafia and characters from the "Old West".

Dr. Kathy Johnson holds a PhD in Criminology from Indiana University in Pennsylvania

Gentle Yoga

Thursday 8:30 to 10:00

This is an easy yoga class. Focus will be on stretching and alignment with increased range of motion being the ultimate goal. Please bring a mat and wear comfortable clothing.

Lura Struzinski is a RYT200 Yoga Alliance Certified Yoga Teacher.

Office Information

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President's Greeting

2018 has been a busy year for everyone, and it is already time for the CLL 2018 fall term. The CLL board of directors is excited to see returning students and to welcome new students to this new fall lineup of exciting classes. Our curriculum committee has worked very hard to bring back the most popular of our classes, as well as, to add many new classes. The CLL family is a nonprofit 501C(3) organization dedicated to the continued educations of all adults in a fun, friendly atmosphere. The board, instructors and students are made up of talented and friendly people who look forward to renewing old friendships and forming new friendships. We hope every student enjoys all their classes and gets involved with the CLL family.

The CLL Board of Directors has been working very hard to bring you not only new classes but a new look as well. The new Center for Lifelong Learning logo was created in part with the help of the amazing students from the Niceville High School Graphics Department, led by their teacher Jill Frakes. The new logo has a forward design that represents a variety of CLL classes offered. The new logo works great with the all new CLL website, <http://cll-fwf.org>. The new website was also created by amazing students at the Niceville High School but this time it was the students in the Web Department, led by their teacher Ronda Pridgen. A special thank you goes out to Hal Pruettt for directing and producing the new logo and website.

New this year is the different location for registration. As the colleges in our area grow their facility grows as well. The campus auditorium is being replaced by a new school of physical therapy, and therefore we will be holding not only our registration but also fall's Friday events in room 126 for the fall term. Check out the weekly Bulletin for Friday's special events.

All students will be able to register Friday, September 7th from 9:00 a.m. – 1:00 p.m. in room 126, building 1. Volunteers will be available to help direct students to the waiting area as well as the registration room. With a record breaking 66 classes to choose from this fall term everyone will be able to find classes of interest. 22 classes are new this year. These include musical classes, cell phone photography, drones, home repairs and more.

Check out the complete fall lineup in the fall 2018 catalog. Be sure to let everyone know late registration will also take place on Monday, September 10, Tuesday, September 11, and Wednesday, September 12 from 9:00 a.m. to 12:00 p.m. in the lobby of building 1. Registration will continue in the CLL office after September 11th from 9:00 a.m. to 12:00 p.m. in building 4 room 461.

Welcome to our family,

Vickie Warner, President



- Registering students will go to the **UWF Student Center in Building 2** where they will receive their registration packet.

- Returning CLL students will receive a pre-printed yellow registration form complete with the student's

name and contact information. Please review this information and correct as needed.

- New CLL students will receive a blank white registration form. Please complete the form with your name and contact information. Please write legibly.

CLL student contact information is private and is not shared with any other organization or persons.



Each student may sign up for four (4) classes for the \$50 membership fee. We accept cash or checks, only. Please make your check to CLL, Inc.

- Additional classes (over 4) are \$10 each.
- Mark your four top class choices but please have alternative classes in mind in case your first choice(s) is/are full.
- Groups of students will be directed to move to Room 126 in Building 1 as space becomes available.
- Students will be called to the computer stations based on arrival order to register.
- The class payment table is the next stop
- Finally, move to the last station to pay any class non-refundable supply fees (cash or check to the instructor) and get a UWF parking decal.
- **Congratulations!** You made it through registration! Please enjoy some refreshments and meet your fellow students.



Registration Dates

Friday, September 7th
9:00 AM to 1:00 PM in Building 2

Late Registration

Monday, September 10th,
Tuesday, September 11th, and
Wednesday, September 12th from

9:00 AM to noon in the lobby of Building 1.

After September 11th students may register in the CLL office (Building 4, second floor, Room 461) from 9:00 AM to noon.

Before You Leave Registration



Review your enrollment verification for times, days and meeting locations.

There is a CLL class location map on CLL-fw.org. Note any special instructions for your class(s).



Classes begin September 17, unless noted on your enrollment verification form.

Most classes run for 8 consecutive weeks. The fall term ends on November 9th.



Check out your weekly Bulletin for updates and the special Friday events.

Be courteous and remember to silence your cell phone before class begins.

Only bottled water is allowed in the classrooms on campus.

Did you know?

In the 1990s, the original CLL established an endowment for UWF students. The endowment has now given out \$9,000 in scholarships to UWF Emerald Coast students.

Since we became a charity in 2004, we've directly given out an additional \$16,000 in scholarships to UWF and Northwest Florida State College (NFSC) students. We've also awarded \$6,000 to Take Stock in Children and \$3,000 to Children in Crisis.

Campus Cafe

Looking for a delicious breakfast or lunch? Stop by the Campus Café and join other students for breakfast or enjoy a meal of delicious soups, salads, paninis or other delights between classes.

Campus Café is located next to the Library (Building 8) on the UWF campus.

The Café is open Monday-Thursday 8 am to 6 pm. They also open on Fridays during CLL.

Tiffany and Amber encourage you to order a to-go lunch to take with you for the CLL Special Events, or to enjoy outside on the patios. Order early, because this is a popular option for the CLL students.

Profiling Those Who Serve Us

(Editor's Note: This feature was prominent in the early days of the CLL. Its purpose is to recognize the many individuals who help make the CLL a very successful all-volunteer organization.)

Dr. Hal Pruett grew up in rural southeast Iowa. After high school, during the Korean War when the Navy needed more pilots, he applied to become a Naval Aviation Cadet at Pensacola. After graduation at PNS he reported to a jet fighter squadron that soon deployed aboard the USS Wasp to the Korean theater. Before deployment, he and his squadron mates were thrilled to be chosen to fly the Panther jets used in scenes in the movie, "Bridges at Toko Ri."

He began college immediately upon leaving active duty, but with the intention of returning after obtaining a degree. With only the GI bill, and income from flying F-86's with the California Air National Guard, he finished his bachelor's degree. At this time he decided to continue college, obtaining his master's degree at UCLA, and his PhD at UC Santa Barbara, in physics.

After graduate school he was an assistant professor of physics for a while, but then joined AT&T at its research center in Princeton for access to better experimental equipment. At that time, AT&T also operated Sandia National Laboratories (SNL) for the government. After spending some time on loan at SNL he decided to transfer to SNL permanently.

Thanks to his combined AT&T/SNL service he was able to retire early to pursue a lifelong goal to sail from California to Niceville. In San Diego he outfitted his 38 ft. sailboat for long-distance, off-shore sailing. He then cruised leisurely to his new home (Niceville) via the Panama Canal. He joined the local Fort Walton Yacht Club (FWYC) to interact with other sailors. At the club he met Patricia, a lovely lady and fellow board member. They were married the following year in Key West during a US government approved international sailboat race from St. Petersburg, FL to Havana, Cuba that Hal had entered. They no longer have their large sailboat, but have a Hobie Cat, a couple of windsurf boards, a couple of kayaks, and various other water toys.

Hal has served the Center for Lifelong Learning for many years, and in many positions, including president of the Board of Directors. Hal designed and manages the CLL software program/data base that allows for the easy registration process CLL has today. Hal also manages the CLL website and is the reason the CLL catalog is online. Recently, Hal initiated and coordinated a successful joint project with the Niceville High School web-design and graphic-design classes to update our CLL website. Thanks to that cooperative effort, our site has new features, a more modern appearance, and a new CLL logo. The effort was mutually beneficial because the students gained valuable real-world experience. Hal continues to serve the CLL in many positions.

Pat Guidry

CLL 1st Vice President



With a name of Guidry, you might be thinking that she must be from Louisiana! You would be right--Lafayette, Louisiana, in fact. However, Pat has lived longer in Florida than Louisiana. A "Ragin Cajun," Pat graduated from the University of Southwestern Louisiana, now known as the University of Louisiana at Lafayette, with a degree in English education. Pat was honored as the Outstanding Female Graduate, a member of Tri-Delta, and Secretary of the Student Council - to name a few of the many things she was involved in. In her senior year, Pat formally met a handsome Air Force Second Lieutenant, named Roland. Roland was home on leave and asked to step in for a sick Blue Key member in the Blue Key Darling dance rotation. Eight months later Pat and Roland were married and thus began a 24-year adventure as an Air Force wife and mother of three sons. Last month they went on a family cruise to celebrate their 55th anniversary.

In 1973, the family moved to Shalimar, Florida in connection with an Air Force assignment to Eglin AFB. They considered this a reward assignment after being assigned to cold Alaska, the heat of Arizona and the dreariness of Dayton, Ohio. Pat went back to school at UWF, and did a lot of substitute teaching and tutoring, mostly in her sons' schools. 1980 brought the next move to Fayetteville, NC.

Substitute teaching lasted only a couple of times there after having come from the great Okaloosa county school system. Vowing they couldn't pay her enough to substitute in North Carolina, racquetball and outlet jaunts occupied her time until Pat decided to go into real estate. She had been impressed with her Fayetteville Realtor, Kayce Sheets who donned coveralls and crawled under the house to check the pipes. While she never did that, thus began a 35-year career in residential and condominium real estate that included being President of the local Association of Realtors, Education Chairman and Instructor, and Realtor of the Year, as well as being a Certified Residential Specialist (CRS). As a side note, Pat and hubby Roland are the only husband and wife who both have been President of the Emerald Coast Association of Realtors.

Always eager to learn. Pat started taking enrichment classes and found a "calling" with CLL where volunteers make it happen and are eager to share their knowledge. This fit the motto Pat adopted with the Realtor education program: "You are either green and growing or ripe and rotten." Presently she serves on the Board of Directors as 1st Vice President, Co-chairs the Publicity, Nominating, Finance, and Curriculum committees and helps with Registration.

A Short Description of the New Classes

We have so many new classes this year we could not fit them all with descriptions in the newsletter. Please see the catalog for more information on the classes.

Chorus Group

Tuesday 11:00 to 12:15
Choral warm-up followed by 2 or 3 fun unison past popular songs. Then we will work on choral arrangements for a possible program. **Nancy Knowles**

Coastal Cooking w/ Chef Dan Pettis

Monday 11:00 to 1:00
Enjoy a Coastal Cooking Demo class and lunch with Chef Dan Pettis. This interactive class with lots of Q and A along with Chef Style tips and tricks in the kitchen will make you the hit of your next dinner party. **Chef Dan Pettis**

Crime, Criminals and Other Cool Things

Thursday 1:00 to 2:30
This class will explore "cool things and hot topics about crime and criminals. Subjects range from serial killers to the Mafia and characters from the "Old West". **Dr. Kathy Johnson**

Digital Camera for Beginners

Thursday 1:00 to 2:30
Learn the basics of a SLR camera and essential concepts of photography. **Jim and Gloria Eustace**

Drones for Beginners

Friday 8:30 to 10:00
How to decide which drone to buy. Learn how to fly a drone safely and stay within FAA regulations. **Billy Walker**

England from Marlborough to Thatcher

Thursday 8:30 to 10:00
This little island spread its culture and language across the globe based on enterprise, grit, and an amazing cast of characters! **Dan Robison**

Fun Flow Yoga

Friday 10:00 to 11:15
Breathe in the moment and connect with continuous movement of the body through asana/postures. **Lori Hupp**

Fun with the Guitar

Wednesday 10:15 to 11:15
Learn to play guitar for the beginner. A refundable deposit is required for rental guitar and instruction book. **Ben Parsons**

Fun with the Ukulele

Wednesday 1:00 to 2:00
Learn to play ukulele for the beginner. A refundable deposit is required for rental ukulele and instruction book. **Ben Parsons**

Genealogy DNA Testing by Dummies

Tuesday 10:15 to 11:45
Have you taken a Genealogy DNA test and want to learn what to do next? **Cindy Barber and Thomas Sajwaj**

Gentle Yoga

Thursday 8:30 to 10:00
This is an easy yoga class. Focus will be on stretching and alignment with increased range of motion being the ultimate goal. **Lura Struzinski**

Greek and Latin Roots in the English Language

Friday 1:00 to 2:30
Increase your vocabulary and find help working those crossword puzzles! **Linda Chamberlain-Jones**

Hanover/Windsors Royals

Monday 9:30 to 11:00
Scandals, stories, fact and fiction of the current family and their ancestors from George I to today. **Helen Harris**

If You Teach It, They Will Learn

Friday 1:00 to 2:30
Instantly recognizable, sports metaphors and allusions have become the "Et tu, Brute?" for a non-reading generation. This class will make you tear up and fill in some gaps between the traditional and contemporary media. **Patricia Moran**

Introduction to Aviation and Spaceflight

Monday 8:30 to 11:45
A survey of flight covering aeronautics and astronautics. Learn the key personalities, historical milestones, and science and technology of air and space vehicles. **Dr. Richard P Hallion**

Learn to Play the Piano/Keyboard

Tuesday 10:15 to 11:15
Learn beginning piano and keyboard skills, there is a refundable deposit required for use of a take home practice keyboard and instruction book. **Marilyn Anderson**

Okaloosa County Museum Trail

Thursday 10:15 to 11:45
This class will tour museums in Okaloosa County. On September 20th we meet at the college to organize each week of the museum trail. **Dr. Barbara Palmgren**

Our Earth - Basics of Weather and Geology

Tuesday 10:15 to 11:45
This course will instill a basic understanding and appreciation of the science behind the weather; talk about earth science "current events"; and share anecdotes from over 30 years' experience as a meteorologist. **Christa Hornbaker**

Paper ARTZ

Thursday 1:00 to 4:15
Learn to make simple greeting cards using various techniques. This is a 4-week class and will meet September 20, 27, October 4, 11. There is a \$40 fee. **Pat Cragin**

Photography Using your iPhone

Thursday 10:15 to 11:45
"What camera takes the best pictures?" Answer: "The one you have with you!" You will learn how to get the most out of the camera on your iPhone. **Nicole Blatt and Jim Eustace**

Storytelling/My Story

Tuesday 10:15 to 11:45
Everyone has a story to tell. It is how we connect, inspire and teach others. Learn to tell your own personal and unique story in an effective and memorable way. **Lee Orr**

Working out the Kinks

Thursday 8:30 to 11:45
Do you suffer from tennis elbow, carpal tunnel, back pain, neck pain, leg pain, any pain? Using massage, acupressure, and reflexology, you can learn how to lessen or even eliminate those painful areas. **Holly Brelia**

Yoga - Chakra Series

Thursday 1:00 to 2:15
Gentle yoga class exploring the 7 Chakras. Moderate physical abilities required. Students should be able to kneel and stand as we work through the poses. **Jean Williams**

Yoga Restorative

Thursday 10:00 to 11:15
Relaxing Restorative Yoga using yoga props and gentle posture. **Laura Tyree**

Yoga with Jacky

Tuesday 8:30 to 10:00
There will be Essential oils, some fun and feel good poses. You'll also learn some breathing technics to help relax and calm your mind and body. **Jacky Huhn**