

Center for Lifelong Learning, Inc.

UWF Emerald Coast Campus
1170 Martin Luther King, Jr. Blvd.
Fort Walton Beach, FL 32547

Web Site: <http://cll-fwb.org/>
Office e-mail: cll@uwf.edu
Phone: 850-863-6548

Presidents' Greeting

Welcome back to the 2018 Winter/Spring Term of CLL! We extend special greetings to our returning students and to our new students as well. We always look forward to seeing our Northern visitors this time of the year. We want to make sure that all students feel welcome and have a great learning experience. We like to think of our organization and our students as one big family. This Friday, all students will be able to register in the order of their arrivals between 9:00 a.m. and 1:00 p.m. With over 70 classes offered this term, there are plenty of courses from which to choose. Our Curriculum Committee has been working hard for several months to recruit and coordinate instructors to lead classes in various classrooms in 11 different sites in the local area. You will find that our registration procedures are speedy even though we don't have the facilities to register online.

We are a nonprofit 501(C)(3) organization that has offered educational classes and lectures since 1993. This makes us very unique because most volunteer organizations like ours only last a few years. We are associated with Road Scholar and UWF, but operate independently. Through our modest fees, we have provided thousands of dollars in scholarships to deserving local students among area institutions that include UWF, NWFSC, and the Okaloosa Public Schools Foundation.

Be sure to tell your friends that they can still register for classes after our regular registration on January 5th. Late registration will be held in the lobby of Building 1 (the campus administration building) from 9:00 to 12:00 on January 8, 9, and 10. Thereafter, it will be held from 9:00 a.m. to 12:00 p.m. in the CLL office, in Building 4, Room 461. Please help us promote CLL by telling your friends about CLL and encourage them to join our community of learners, share common interests, learn new facts and skills, but, most of all, have fun and make new friends!

Every Friday you and the general public are invited to bring a lunch and enjoy our noon-hour Special

Events at no charge. See <http://cll-fwb.org/Events.html> for a list of the presentations scheduled for this term. Bring your lunch, or pick one up at the Campus Café in the library. The café offers good food and good service. It is open from 9:00 until 1:00. Place your order by 9:45 a.m. and pick it up before noon.

Jackie Youngblood, Bob Carney, and Billy Walker,
Co-Presidents

Notes about "Classes in Demand"

As noted above, your Curriculum Committee works hard to offer suitable classes, especially those for which the demand is particularly high. Because we operate on a "first-come, first-served" basis, popular classes often fill up quickly. A prime reason is because returning students know they can and must arrive at the auditorium early on Friday to enroll in the classes they especially want.

One such high-demand class is Leo Week's, "American Foreign Policy." UWF doesn't have a classroom large enough to accommodate the number of potential enrollees. To remedy the situation, Leo has generously offered to lead two identical sessions on Tuesday and Thursday, each at 10:15. You may only enroll in one of the two!

Demand for Yoga classes also exceeds availability, mostly because only a few classes have been offered, each of which can only accept a limited number of students. We've needed a wait list for such classes during each of the last several semesters. To improve the situation during the January semester, the Curriculum Committee has been able to get four individuals to lead four different classes. They are: *Chair Yoga*, *Introduction to Yoga*, *Yoga Restorative*, and *Yoga with a Chair*. In fairness to all who might like to enroll, students will only be allowed to enroll in one of the four classes. Also, if you were enrolled in a yoga class last semester, for the benefit of those not as fortunate, you would be doing those fellow students a favor if you waited a semester before enrolling again.

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.)

Vickie S. Warner

Vickie was born in Indiana and earned a BA degree in sociology from Indiana University. She began her career as a Juvenile Counselor for Clark County, Indiana's Circuit Court. After getting married, Vickie and her husband, Wayne, moved to Dayton Ohio where Vickie attended Wright State University for a Masters in Counseling. As with many young professionals, Vickie decided to change her career path. She began a new career in advertising and marketing when she and Wayne moved to Fort Walton Beach where she started with the Northwest Florida Daily News Advertising Department.

Vickie is a dynamic leader with over 30 years of extensive marketing and management experience, emphasizing marketing strategy planning for both offline and online marketing. She has served as Corporate Marketing Director for Edwin Watts Golf Shops, Regional Marketing Director for ResortQuest, Executive Director of Santa Rosa County Tourist Development Council, Executive Director of the Navarre Beach Area Chamber of Commerce, Marketing Director for Santa Rosa Mall, and Assistant Advertising Director for the Northwest Florida Daily News.

Vickie holds a CMD (Certified Marketing Director) from the International Council of Shopping Centers, has a CAM (Community Association Manager) license, as well as a real estate license.

From Vickie's studies in psychology, counseling and marketing and years of experience as a marketing professional, she considers her ability to analyze consumer behavior an asset to her personal and professional development. In addition to her commercial positions, Vickie has held several positions on many Board of Directors of different organizations, such as Fort Walton Beach of Chamber of Commerce, Panama City Beach Chamber of Commerce, Pensacola TACC (Tourism Marketing Committee), Northwest Florida Red Cross, American Cancer Society, Billy Bowlegs Festival, the State of Florida Convention and Visitor Bureau, and the Panhandle Animal Welfare Society. Vickie received the privilege to serve has an Honorary Commander for both Eglin and Hurlburt Air Forces Bases. She has been instrumental in forming many of the areas programs, such as the PR tourism recovery program during the BP oil crisis, Emerald Coast Public Relations Organization, Okaloosa Counties first public transportation program, the Winter Fest, the

Seafood Festival, Angel Tree, Chili Festival, Billy Bowlegs Parade, Christmas Parade and many more community events and activities.

Vickie became involved in the Center for Lifelong Learning after retiring in 2014. She has experienced many of the CLL classes, seeing firsthand the benefits CLL brings to our community residents. She feels strongly about the importance of CLL to the continued growth of her community and is committed to serving on the CLL Board of Directors.

Gloria J. DeBerry

Gloria is a product of "East meeting West" in California. As a young man, her father migrated from the Philippines to San Francisco in 1927 and her mother's family "migrated" to Sacramento, CA from Oklahoma during the great Dust Bowl. Steinbeck may have used this scenario to write the Grapes of Wrath. Gloria grew up in California's Central Valley amid the "most glorious tasting table grapes in the world," according to Queen Elizabeth who first tasted the Bakersfield/Arvin grapes early in her reign.

Always a dreamer, she wanted to see the world and learn of the many different cultures. After graduation from high school, she started her journey in San Francisco, married at a very young age to a military serviceman from North Carolina. Again, "East meets West." Traveling throughout the United States as her husband continued his special forces training and she attempted to educate herself, they transferred to Hurlburt Field, FL. Suddenly finding herself a single parent with few skills, she chose to stay in Fort Walton Beach, educate herself in the field of nursing, long before a nursing school was available in Okaloosa County. With an Associate's Degree in Nursing she worked for 10 years at the local hospital, then known as General Hospital. During this time, hungry for knowledge, working long hours in the critical care area from the ER to the OR, she obtained her BSN, attended as many healthcare conferences as possible to continue to learn, reared her children and volunteered as a den mother for Brownies, Cub Scouts, and more.

Once the children became college students and away from home, Gloria took her nursing wings to begin traveling to the four corners of the USA and many places in between gathering knowledge as a healthcare independent contractor, later known as concierge. She started receiving calls, long before cell phones, asking her to come to their healthcare facility to problem solve, later known as strategic planning. Along the way she met many, many people who helped her find her way through the maze of healthcare management. Obtaining her

Masters in Nursing with the help of the Internet she tried the area of Nurse Practitioner only to discover her talents did not work well in this arena so she went back for more training to become a “hands on” Clinical Nurse Specialist. Still hungry for more travel and learning, she expanded her area throughout the world, working with the United Arab Emirates healthcare employee selection which later introduced her to Medicine Sans Frontiers, aka Doctors Without Borders, and those who desperately needed healthcare. This led to the World Health Organization, and several non-government organizations, NGOs, who needed her skills.

On her bucket list, the thought of a Master’s in Business Administration might help she found she had already learned this knowledge through the “school of hard knocks”.

Gloria has maintained her residence in Fort Walton Beach, volunteering, when in town, for several local organizations such as Center for Lifelong Learning, Hospice (long before hospice became a business in this area), Association of Operating Room Nurses (on a local, state, national, and international level) held ALL the offices, Northwest Florida Symphony Guild board member, FL 1 DMAT and SMRT teams, Fort Walton Beach Women’s Club, Choctaw Bay Music Club, Mattie Kelly Arts Foundation, and Mattie Kelly Theater of Fine Arts as an usher, Catholic Charity Food Pantry, and leading and taking part in medical missions and free clinics locally and throughout the world with Rotary International and many religious organizations. Barbara Smith introduced Gloria to CLL while attending a service at St. Simon’s church, as she was distributing the Fall catalog of classes. She says, “Thank you Barbara!”

Take a look at some of our new or revisited classes:

Alzheimer’s and Dementia

Friday 10:15 to 11:45

Class will address Alzheimer’s/dementia, diagnostic resources, stages, effects on families, care options, support for caregivers, strategies for care, local support and services, and related topics.

Aileen Ruess is a Certified Dementia Practitioner (CDP) and has a Masters Certificate in Geriatric Care Management.

Beginner Ballroom Dance

Thursday.....1:00 to 2:15

Beginner Ballroom Dance: Waltz and Two-Step. No partner required. Come learn to move across the floor in a relaxed, no pressure atmosphere. We can't wait to dance with you!

Miriam Merriwether honed her “calling” by attending Callers’ College and various seminars.

She believes that learning to dance should be fun and stress-free.

Chair Yoga

Wednesday 1:00-2:15

An 'easy does it' class that uses a chair for support and ease in the postures. Great for the senior crowd!

Jean Williams is a 500-hour certified teacher. She wants to encourage everyone on their journey of self-awareness by this easy approach to yoga.

Introduction to Yoga

Thursday..... 1:00-2:15

The course explores the basics of Yoga through the four movements of the spine: Extension (mild backbends), Flexion (forward folds), Lateral Flexion (side bending), and Rotation (twists). Physical abilities required are moderate.

Jean Williams: See “Chair Yoga” above.

Fun with Alcohol Inks

Monday 10:15-11:45

Alcohol inks are fun, quick and easy to work with. We will be using them on tiles, glass, ceramics, paper and metal.

Carolyn Williams is an artist in watercolor, acrylics and mixed media. Dorothy Edens, a graduate of Art Inst. of Ft Lauderdale, works in watercolor and mixed media. Both are members of ADSO.

Inspirations: Love, War, Religion, and Water

Tuesday 10:15 to 12:15

Integrating History, Music, Art, and Literature, the class takes you through centuries of recorded history to show how Love, War, and Religious Fervor have been the most powerful and constant sources of inspiration.

Marie-Claude Bohler was born and raised in the South of France where she spends several months every year. She studied Greek, Latin and Philosophy before pursuing a military career in the French Air Force. Married to a retired Air Force Colonel, she moved to Niceville 11 years ago. With a foot in two continents she is enjoying the endless and fascinating studies of the different but complementary cultures.

International Cooking With Cheryl and Libby

Wednesday 10:00 to 12:00

Take a trip around the culinary world with us! We begin our adventures in Asia, moving on to Italy, Spain, Portugal, and a romantic French dinner for Valentines. We'll demonstrate tips for both beginners and experienced cooks. Our goal is great food at a decent price. Everyone will sample small plates of the recipes in each class.

Cheryl Nolan has a Rest/Hotel degree from Le Cordon Bleu. She has taken and given many cooking lessons around the world. **Libby Wilkerson** cooks gourmet to country and enjoys culinary classes and sharing these experiences. Both ladies have cooked and traveled internationally and are retired.

Pottery Basics II

Monday.....1:00 - 4:00

This class will be 4-week, 3-hour clay workshop, creating an extruded bowl with a motif of choice.

Sherry Cooler *has been a teacher of ceramics and pottery since 1996.*

Social Media Basics

Monday.....1:00 to 2:15

This class will provide the basics for creating accounts and connecting with others. Facebook, Pinterest, Instagram, and Twitter are just a few of the sites we will explore. Social media safety will be addressed.

Dolores Noechel *is a former Ruckel math teacher, OCS D Instructional Technology and Media Services Specialist, and Assistant Principal at Fort Walton Beach High School. Hal Pruett will assist Dolores.*

Yoga Restorative

Thursday..... 10:00-11:15

Relaxing Restorative Yoga using yoga props and gentle posture.

Laura Tyree, *owner and director of Dragonfly Yoga, is celebrating her 31 years of yoga practice.*

Yoga with a Chair

Friday..... 10:30-11:30

Anyone looking for gentle and gradual ways to increase their range of motion will benefit from this class. No need to get up and down off the floor. We will practice poses while seated in a chair and also use the chair for assistance in some standing poses. All ages, levels of experience, and physical conditions welcomed!

Lura Struzinski *is a RYT200 Yoga Alliance Certified Yoga Teacher. She specializes in Gentle Yoga and Restorative Yoga, which she teaches at Bodyworks by Bull in Shalimar.*

Computer Curriculum

Need help with your computer or iPad? Take one of our related courses, or join the CLL Computer club. Many of our students are interested in either learning about computers or tablets for the first time, or in improving their knowledge of these devices. The CLL offers several classes for learning how to use computers directly, or about topics—such as genealogy—that may involve the use of computers.

This semester's classes include:

- ☑ Beginning Genealogy
- ☑ Family History on the Internet
- ☑ Genealogy – In Depth
- ☑ iLearn, iUnderstand, iPad
- ☑ Microsoft Excel 101
- ☑ Microsoft Publisher for Beginners - Newsletters
- ☑ Social Media Basics
- ☑ Video Processing
- ☑ Windows 10 Basics
- ☑ Windows 10—Intermediate level

Some Reminders

If you're not familiar with our local area, our web site has a page with links to all the locations where classes are being held this semester. Open your browser to the URL:

<http://cll-fwb.org/ClassLocationMaps.html>. The links will take you to individual pages that contain an interactive Google map.