

Center for Lifelong Learning, Inc.

UWF Emerald Coast Campus
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President's greeting

Brrrrrrrrrrrr!

It's Tuesday evening, temperature in the 30's, heading for the teens later tonight. The snowbirds have arrived! We resident Floridians welcome you all to our neck of the woods.....but you could have left your chilly weather behind! Brrrrrrrrrr!

A new CLL semester is about to begin. That should warm up our hearts and bodies as well as enrich our minds and spirits. This winter/spring semester promises to be another good one; I am truly excited about meeting new friends and sharing new experiences. We have several new courses on the schedule, many continuing favorites, and a long list of stimulating special events. Thanks to the efforts of our wonderful volunteer staff, instructors and leadership, despite the nation's current economic woes, CLL continues to flourish. Last semester we added a new teaching venue in Destin to our multi-campus structure and expect it draw many new students from points east.

We at CLL realize that we are successful because through the years you, the new and returning students, have helped us design and develop our educational and social programs by expressing your thirst for personal enrichment. We welcome your feedback on what you want to learn and experience and how we can help.

Several of our new courses were added to our curriculum because of specific requests made by previous students. Please keep your ideas flowing. Likewise many of our new instructors are former students who feel an urge to share their unique talents and knowledge with the rest of us—to give something back for what they have already received.

If you have a course you would like to teach, we would love to have you volunteer as a class leader.

Once again, welcome to CLL. I hope that together we can transform CLL into CLF – the Center for Lifelong Friends! I look forward to seeing you all around campus.

Brrrrrrrrrr!

Dr. Bob Kitahara

President, Center for Lifelong Learning

Information for new Students

Parking at Troy

Instructors and students of CLL are not authorized to park in the front parking lot at Troy University. There is a large parking lot across the street from the back entrance of the university that more than adequately fills our needs.

Parking at UWF

Instructors and students of CLL are not authorized to use the yellow painted curbs in the UWF parking lots. These are set aside for the employees of UWF and NWFSC. However, if you have a handicapped parking authorization and all handicap slots are taken, you may use one of the yellow curbs.

Other Info

Please show respect for your instructors and fellow students by turning off your cell phone when you enter a classroom.

Eating, drinking and smoking are not allowed in the classrooms at either UWF or Troy. Bottled water is the exception.

There is no cafeteria on either campus. At Troy, snack and drink machines are located in the lobby and outside room 1B. At UWF, they are located in Building 2 and outside Buildings 3 and 6.

Location, Location, Location

No, we're not talking about real-estate; we're talking about where classes are taught for the Winter 2010 semester. Most Thursday and Friday/Saturday classes are held at Troy and UWF, respectively. Classes on other days are held off campus at locations mentioned in the course descriptions in the printed and on-line catalogs. For anyone who needs a map, go to the CLL web site, cll-fwv.org, and click on the link labeled "Class Locations." This web page will allow you to view a map of any location used for this semester's classes.

From basic to advanced; some new and old courses to stimulate and challenge you.

Basic Computing with your Laptop

Tuesday — Periods 3 and 4

Bob Garcia will offer this four-week course at the *United Methodist Church* in Destin. See the note above about off-campus classrooms. Bob says, "This is a basic computer course. Students provide their own laptop computers to explore basic concepts." See the catalog for more details.

Computer Workshop

Tuesday — Periods 3 and 4

Bob Carney will offer this advanced four-week course, also at the *United Methodist Church* in Destin. See the note above about off-campus classrooms. Students need to provide their own laptop computers for this class. See the catalog for more details about course content.

Linux: Free Software for the World

Thursday — Period 1, Troy

Tom Browder moves his Linux class from UWF to Troy this semester. For anyone needing a map to find Troy, use the method describe above to open the "Class Locations" map.

Acrylic Landscapes

Acrylic One-stroke Flowers and Leaves Sally's Watercolor Class

Sally Anntree, a Snowbird from Wisconsin, will offer no less than three art classes. One class is at Troy and the other two are at UWF. See the catalog for meeting times and course descriptions.

Basic Home Repairs

Thursday — Period 2, Troy

Who wouldn't like to save a little money by doing simple home repairs that almost any homeowner can do for free? **Eric Harris** shares his many years of relevant experience in this course.

Beginning Acrylic

Friday — Period 2, UWF

Linda Kernick, who calls herself an intuitive painter, will lead an art class for the first time. As

mentioned in her brief bio in the catalog, Linda spent many years working with children as a school psychologist.

Belly Dancing

Friday — 10:45-11:45

Sandra Takaro-Miller has taught belly dancing for over twenty years. She offers this course for "anyone who wants to exercise in a fun and low impact way." The class starts fifteen minutes later than most Period 2 classes and will only last one hour.

Current Economic and Social Issues

Thursday — Period 3

Dr. Harry Shallcross and **Betty Kentosh** will team up and present a new course to examine "...concerns facing the United States." Topics will include energy needs, immigration, health care, climate change, nuclear weapons proliferation, and Islamic fundamentalism; and the proper role of the US in world affairs.

Digital Photography

Digital Photography Basics

It seems like everyone now has a digital camera. These two courses, one on Friday and one on Saturday, can unravel some of the mysteries of these marvelous new devices that George Eastman could not have possibly imagined in his wildest dreams. See the two individual course listings for meeting times and descriptions.

Financial Wellness: Making the Best Choices

Thursday — Period 1

Jann Daniels Coulson, a Certified Financial Planner® with 40 years experience in financial fields, will lead this new course. Given the present economic conditions, the subject material should be beneficial to all who enroll.

Fire and Ambulance Local Service

Friday — Period 2, UWF

Jim Heavener, who has coordinated and/or taught various CLL courses for many years, will lead this course. "In any emergency, natural disaster, or illness, you and your family deserve to know what to do and who to call."

Great Decisions

Friday — Period 3, UWF

Stan Berg and **Aaron Thrush** offer this thought-provoking course once again. See the catalog for details.

International Prize-Winners in Literature

Friday — Period 3, UWF

You may not have heard of authors, Oe, Soyinka, Akhmatova, and Achebe, but **Dr. Patricia Moran** has and will discuss these and other authors in the field of contemporary world literature.

Live Long, Live Strong:

Changing the Rules of Aging

Friday — Period 4, UWF

Arlene Carmichael shares her knowledge of how to “*build health through nutrition and targeted supplements, and thereby bring hope that sickness need not be part of life.*”

Rhythm and Blues and Pop music of the 50’s and 60’s

Friday — Period 3, UWF

Bob Butler says the title of this course represents “...*my kind of music,*” for which he has had a lifelong passion. Join him to listen to some of his favorites—and to some that didn’t “*top the charts.*”

Theatre Potpourri

Thursday — Period 4, Troy

Jo Yeager and **Logene Solberg** will lead this course. You may not be booked on Broadway when you’ve finished the class, but you will have had fun!

Technical Note: print a catalog hard copy

Like many web pages, the CLL on-line catalog offers a “printer friendly” version of certain pages that are designed for making a suitable printed copy. This task may sound simple, but there are some pitfalls for inexperienced users. To accommodate visually impaired persons, and for other reasons, a critical requirement of any web page is that the user, not the web designer, has ultimate control of what appears on the computer screen. This feature allows any user to change text size to a desirable level. Increased text size can cause problems when anyone tries to make a hard copy of a web page. To make a suitable one, open one of the CLL’s printer-friendly pages and then use your browser’s “*Print Preview*” option to open the CLL printer-friendly page in preview mode. In the browser’s preview window, in a menu near the top, you will see a control icon labeled “*Shrink To Fit.*” Click on this control and use the up/down sizing arrows to increase or decrease the text size until the material fits nicely within the margins.

About the Winter 2010 catalog and classes

Not counting the two affiliated Computer and Adventure clubs activities, the CLL is pleased to offer 76 regular classes this semester. For a non-profit, all-volunteer organization created to further adult education, this is an exceptional achievement. It requires a tremendous amount of work behind the scenes by the Curriculum Committee to obtain the participation of class leaders, and the Publications Committee to put it all together in the form of the printed and on-line catalogs, not to mention this newsletter. Cooperation is the key to making it all work. Along with the quantity of courses we offer, there is also quality. Our organization has succeeded, where others have failed, because we are able to attract excellent class leaders from the large and talented pool of retired professionals in the area.

To reduce the cost of printing and mailing the catalog, the CLL began to offer an on-line version on cll-fwb.org, the official web site, a few years ago. The number of students who have responded to this offer has both surprised and pleased the board of directors. Approximately 430 students have now opted to receive the on-line version. With current postage and printing costs, the CLL saves almost a dollar for every catalog that does not have to be mailed through the USPS.

Along with the successful acceptance of the electronic catalog, there have been a few glitches. If you opted for the electronic version, the original cover letter contained a link to a CLL web page that some of you couldn’t open. Fortunately, the number of students experiencing the problem was small and we were able to send a revised cover letter to those individuals. We sent a batch of e-mail messages that included a map of the UWF campus at the bottom of the message. Several recipients replied that they saw a “placeholder” in the form of a red “X,” instead of the map. As Maxwell Smart used to say, “*Sorry about that!*” However, the problem isn’t with the embedded map; some security-related setting associated with your e-mail program prevented some of you from seeing it.

Sharing and Caring Collection

Throughout the semester, the CLL will collect canned goods and non-perishables at both UWF and Troy. **To help the needy in our area, please contribute something when you come to class.**

Special events for January 2010 semester

Please bring your lunch and enjoy these free noontime events!

Note: The January 21st event at Troy has been rescheduled for February 19th at UWF. The previously scheduled February 19th at UWF has been rescheduled for February 25th at Troy to replace the original event.

Thursday noon hour events at *Troy* in Room 8:

January 28. **“What’s going on in our Environment?”** presented by Allison Beauregard, PhD, Mattie M. Kelly Distinguished chair in Environmental Sciences.

February 4. **“USAF Special Operations School at Hurlburt Field,”** presented by Joseph Decaro, LtCol, USAF.

February 11. **“Visions of Africa,”** presented by JVO Weaver who is back from spending a year in Sudan.

February 18. **“How’s your Health?”** presented by Jamie Glover, MD, mother of two children who is married to Air Force pilot.

February 25. **“An update on the Health Department,”** presented by Karen Chapman, MD, Director of Okaloosa County Health Department.

March 4. **“Museum Overview,”** presented by Michelle Severino who is Director of the Heritage Museum in Valparaiso.

March 11 **“Retirement Planning Today,”** presented by William D. Burns, M.A. Learn about long term care and how to avoid the 10 biggest retirement planning mistakes.

Friday noon hour events at *UWF* in the auditorium:

January 22. **“Grand Opening,”** presented by Gregory Piacente, MD, a Neurologist specializing in diseases of the nerves, muscles, and brain.

January 29. **“How to Manage Your Stress,”** presented by Louise Davis and Janet Kivisto R.N.

February 5. **“Overview and Demonstration of Native American style flutes and Australian Didgeridoos,”** presented by Dale Palmer, a musician with Musical Echoes and member of One Feather Circle in FWB.

February 12. **“Valentine Party,”** with Emerald Coast Pipes and Drums, led by Les Mattison who has an interest in “...preserving the ancient tradition of Bagpiping.” This date is also the CLL’s annual membership meeting. Refreshments will be served.

February 19. **“America: A Two-wheel Perspective,”** subtitled *‘a travel log on a two wheel motorcycle,’* presented by Shuey Wolfe.

February 26. **“Museum Overview,”** presented by Michelle Severino who is Director of the Heritage Museum in Valparaiso.

March 5. **“My Extraordinary Life,”** presented by Colonel Lida Dahnke Munz, NWFSC Ajunct Professor, USAF helicopter pilot, mother of four, and spouse of a USAF helicopter pilot.

March 12. **“Final Follies,”** The visual, performing, and literary arts classes will show, demonstrate, or recite examples of their work during the past semester. Please bring cookies, brownies or other refreshments to share.

Suggestion:

Clip this page and put it on your refrigerator as a reminder to attend some or all the free events that are being offered during the January 2010 semester.

Also, use this page as a reminder that, throughout the semester, the CLL will collect canned goods and non-perishables at both UWF and Troy for **Sharing and Caring**. To help the needy in our area, please contribute something when you come to class.