

Edward King House Senior Center
presents

Newport Circle of Scholars

Life Long Learning Program

COURSE CATALOG

Fall 2017



September to December 2017

President's Message

Welcome to another semester of Newport Circle of Scholars courses. For those of you who are new to the program, the Circle was formed by local volunteers over 20 years ago to serve people like you. We moved to the Edward King House 3 years ago and all EKH members are automatically members of the Circle.

You will find that the experience here is a lot different than it was when you were in school. Our students are very active and engaged as a group and have fun with all the lively discussions that take place.

One of the unique opportunities in the Circle of Scholars is that if you have never taught a course before but always wanted to, here is your chance. No prior academic teaching experience required. Don't hesitate to contact our Curriculum Committee at circleofscholars@verizon.net with your questions, ideas, and suggestions for new and interesting courses.

Ben Riggs

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How To Register

Online Registration

Registration and payment for our course offerings should be as easy as clicking a button. The Edward King House is proud to announce that ALL courses and events are easily accessible for information and online registration. Go to www.edwardkinghouse.org to the “Programs” Tab. Click on Register Online and follow the directions as they appear. Upon full completion of this process with payment, your registration will be accepted and the program will give you the option to print a ticket for your class.



Registration by Mail

Register by mail by filling out the registration form COMPLETELY and attaching payment to be sent to: The Edward King House, 35 King Street, Newport, RI, 02840. Your registration will be time-stamped when it arrives at the King Street address.

Registration in Person

Register in person at The Edward King House, 35 King Street in Newport. Come in anytime from 9AM to 3PM, Monday through Thursday or 9AM to 1PM on Fridays and ask for Ana Matos, Program Assistant. **It is imperative that you come prepared with your registration form filled out and payment ready to go.** Your registration will be time-stamped at this time.

Tuition Payment

- Pay for your courses and events with your online registration. If you choose to pay by credit card, click on the PayPal button and follow the directions.
- If you choose to pay by check, make your checks payable to ***The Edward King House***
- Cash payments will also be accepted.

Important Note:

Course registrations will NOT be finalized until full payment is received prior to the course commencement. Full registration will be offered to participants on a first come, first served basis. All registration forms are time-stamped for receipt. Preference is given to members over non-members for class space.

Program Policies

1. All fees for courses and events at the EKH are NON-REFUNDABLE. There are no exceptions.
2. Members of the EKH are permitted to “try out” a course for one session only with permission of the Executive Director and dependent upon space availability in accordance with local and state fire code. (Note: this does NOT include workshops or special events.)
3. No guests are permitted during class sessions at any time without permission of the Executive Director and dependent upon space availability in accordance with local and state fire code.
4. A class seat can only be “reserved” upon payment of tuition for that course. Verbal reservations will not be accepted.
5. Class seats are sold on a first come, first served basis.
6. EKH members are given preference for class seats over non-members.
7. Participants must be respectful of staff, other members and Center property and follow all Center policies.
8. All individuals who use the services of the Edward King House deserve the respect of their privacy. Therefore, it is the policy of this Center to respect this basic right by not divulging information without the individual’s consent.
9. The Edward King House is a smoke free facility. Anyone wishing to smoke must do so outside the building at least 50 feet from any entrance or exit.
10. For the full listing of The Edward King House program policies , please go to www.edwardkinghouse.org

Classic Lit Redux: Huckleberry Finn (1885) by Mark Twain

Sessions: 3

Class Time: **10:00am-12:00pm, MONDAY— 11/6, 11/13, 11/20**

Class Limit: 12

Member \$25/Non-Member \$50

Ernest Hemingway famously declared: “All modern American literature comes from one book by Mark Twain called *Huckleberry Finn*.” Most people read this novel as adolescents. It’s a VERY different read for mature adults! Huck is one of the most important characters in all fiction and the tale of his journey is lovingly humorous, savagely satiric, and profoundly moral in equal measures. Mark Twain’s use of language reinvented American writing and also makes the book highly controversial today. *Huck* is often a banned book! Come with an open mind to engage with this amazing portrait of 19th century America, as disturbingly fresh as if it was published yesterday. You **must** read the book completely in advance. Use any unabridged edition. Eileen Warburton will provide background, biography, and historical context while guiding the discussion with questions and themes.

Eileen Warburton holds a PhD in English from the University of Pennsylvania and is the author of many books and articles, including the critically acclaimed 2004 biography of modern English novelist, John Fowles. She has taught literature at URI, BU, and Bryant. For the past twelve years, she has been the humanities scholar for 2nd Story Theatre, Warren.

Cuba From The Eyes of Baby Boomers

Sessions: 1

Class Time: **12:45-2:45pm, FRIDAY — 11/3**

Class Limit: 35

Member \$10/ Non-Member \$35

Have you always been curious about Cuba since it was closed off to US citizens since 1962? We have. In September 2016, we had the opportunity to visit the communist island nation on a legal US/Cuba baseball tour. We were presented with an overall view of our geographically close neighbor, just 90 miles from the Key West, Florida. The tour was not just focused on baseball. We stayed in an historic hotel in Havana that provided an interesting backdrop for history. Our guides ensured that we dined at Paladares (private family-run restaurants) including the one that then President Obama and family ate at during their visit to Cuba in March 2016. We discussed baseball, politics, religion and life with the Cuban people. We would like to share our visit and experiences with you.

Mark Kanter worked at the Naval Undersea Warfare Center for over 31 years as an industrial engineer. Mark’s lifelong avocation has been baseball. He went on the trip to Cuba to learn and watch the Cuban brand of baseball. He has interests in politics and travel as well as baseball and is a life long Desi Arnaz fan.

Lynne Glickman worked in the computer industry for 32 years. She worked for Digital, Compaq, Hewlett-Packard and SAIC. She consulted at the Naval Undersea Warfare Center as well as national and international companies. She retired from computer consulting in 2012 and currently teaches Chair Yoga at the Edward King House. She, too, has a lifelong interest in baseball.

Current International Affairs In Review

Sessions: 8

Class Time: 12:45pm-2:45pm, WEDNESDAY— 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15

Class Limit: 25

Member \$65/ Non-Member \$90

This course is a workshop-style lecture and discussion series beginning with presentations of various country and regional overviews along with some political and socio-economic issues in the first hour, followed in the second hour by a moderated open discussion of current international events of the past week. The topics selected for the first hour will add to an understanding of the current events being discussed and often will be presented by outside speakers with relevant expertise. Class participation and presentations by attendees are encouraged, but not required.

Ron Becker, a graduate of Reed College, is a retired actuary with over 35 years of technical and administrative experience in the life insurance industry and a life-long interest in history and politics.

Ben Riggs is a retired business executive who has served as chief executive for U.S. divisions of several foreign-owned conglomerates. After graduating from Boston University, he served for eight years as a Naval Aviator, remaining in the Naval Reserve until retirement. His knowledge and interest in international affairs arose from both his military career as well as numerous business dealings in Europe, Japan, and the Middle East.

Introduction to Chinese Medical Qi Gong

Sessions: 6

Class Time: 12:30pm,-2:30pm, THURSDAY— 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Class Limit: 25

Member \$50/ Non-Member \$75

This seminar will explore an introduction to Chinese Medical Qi Gong combined with practical ways of integrating principles of Traditional Chinese Medicine into everyday life. Medical Qi Gong is a time-honored Chinese health care system that integrates physical postures, breathing techniques and focused intention. In addition to the study of the Philosophy, different types of meditation such as seated, standing, walking, and moving will be taught and practiced as an “art of living.” Taoist Qi Gong exercises for health, well-being, stress reduction, clear thinking and peace of mind will be presented. At times, participants will be invited through a process of “Guided Self-Discovery” to engage in a series of exercises in “Experiential Learning.”

Jesse Harding is the chief instructor and director of Villari’s Martial Arts Center, a fifth degree black belt, master instructor, and advanced certified T’ai Chi, Qi Gong, and Taoist yoga instructor. Jesse began martial arts training in 1985 and has been teaching the arts for more than 20 years. He has degrees in philosophy, psychology and religious studies, a master’s in holistic counseling and a C.A.G.S. in expressive art therapy.

Japanese Americans and World War II

Sessions: 4

Class Time: **3:00pm-5:00pm, TUESDAY—10/10, 10/17, 10/24, 10/31**

Class Limit: 35

Member \$35/ Non-Member \$60

WW II produced a cataclysmic upheaval in the lives of people of Japanese ancestry living in America, especially the 120,000 who, in the name of military necessity and national security, were forced from their homes on the West Coast and incarcerated in camps enclosed by barbed wire and armed guards. Two-thirds of the Japanese people were American citizens who found themselves and their immigrant parents denied their constitutional rights, including the right of due process. We will look at the historical context of these events, at how life was lived in the camps, at the suffering that was endured, and the ways in which those affected responded to the challenges they faced.

Ken Nomiya, a retired businessman, has developed a deep interest in the history and plight of the Japanese American. He is Japanese American, born during WW II at Tule Lake, California, one of the ten “internment” camps established by the U.S. Government as its response to Japan’s attack on Pearl Harbor. He is a board member of the Tule Lake Committee. A resident of Newport, he is also involved in many volunteer activities with the Newport Public School and is a member of the City’s Trust and Investment Commission.

James T. McIlwain, Professor Emeritus of Neuroscience, Brown University, is a student of Japanese American history with a special interest in the service of Japanese Americans in the US Army during WWII. He is a life member of the Japanese American Veterans Association and an honorary member of Fox-Company Chapter of the 442nd Veterans Club of Honolulu.

Meditation

Sessions: 5

Class Time: **12:30pm-2:30pm, THURSDAY— 9/21, 9/28, 10/5, 10/12, 10/19**

Class Limit: 15

Member \$40/ Non-Member \$65

Have you wondered what Meditation is all about and if it is right for you? People of all cultures have meditated for thousands of years. Come to this very relaxed program and learn about the health and wellness benefits that can be gained from this age old practice of Meditation. This program is appropriate for those with an established practice, and those new to Meditation. You will have the opportunity to learn several different ways to meditate, look at ways of integrating mindfulness into daily life, and leave feeling relaxed and renewed. The program offers different ways to meditate to give you a ‘bag of tools’ to choose from for your daily life. Please wear comfortable clothing. Feel free to bring a yoga mat or cushion to sit on if you’d like. This program can be experienced from the chair.

Linda M. Morse has been a yoga and meditation practitioner most of her life, teaching for over fifteen years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL before returning to family in RI. With her relaxed and humorous approach to teaching, she hopes to inspire students in body, mind and spirit. She has taught with OLLI in Asheville, NC and OLLI at URI as well as Salve, COS.

Near Death Experience

What Happens When We Die?

An exploration of how human consciousness exists outside of the body.

Sessions: Monthly

Class Time: 5:30 – 7:00, 3rd Thursday each month

(No sessions in July, August, & December)

Class Limit: 25

Donations Accepted

This program began last March 2016, and is conducted as the Rhode Island Chapter of the International Association for Near Death Studies (“IANDS” at www.iands.org). The aim of the group is to explore and deepen our understanding of what has been learned about human consciousness from people who have had near-death experiences (“NDEs”) and have reported an amazing journey after they have been revived, along with the lessons they learned.

We will review and discuss actual documented experiences along with the findings of various researchers and scientists, all of whom have various theories about how this happens and what it can tell us about the transition from life as we know it, and what lies beyond. Some videos and guest speakers are utilized. *This is not connected with any organized religion or religious belief.* Some of the group’s current members include persons who have had NDEs, “after death” communications with loved ones, and related experiences of their own.

Ben Riggs is a retired business executive who has served as chief executive of several manufacturing companies. His knowledge and interest in NDEs evolved from the experiences of friends and family and subsequent participation with IANDS, which has included numerous national conferences, workshops, extensive study, and close collaboration with leading experts in the field.

Newport’s First Architect

Sessions: 2

Class Time: **3:00pm-5:00pm, THURSDAY— 11/30, 12/7**

Class Limit: 15

Member \$20/ Non-Member \$45

Peter Harrison was a British Tory who came to Rhode Island before the Revolution and became the first professionally trained architect in America. This lecture on Harrison explores his life and his influence on 18th century architecture in the Americas. We will look at his works such as the Redwood Library, the Brick Market and the Touro Synagogue and discuss the classically inspired Palladian vernacular that Harrison brought to the New World.

John Grosvenor AIA is a Partner at Northeast Collaborative Architects. He earned a Bachelors of Science in Psychology from Kenyon College and a Masters in Architecture from Miami University. He is well known for having designed many local buildings such as The Long Wharf Resort, Vanderbilt Grace Hotel, The Malbone House, and The Newport Bay Club, along with doing the restoration of Castle Hill Inn.

Researching Your Family Tree

Sessions: 4

Class Time: **10:00am-12:00pm, WEDNESDAY—10/4, 10/11, 10/18, 10/25**

Class Limit: 12

Member \$35/ Non-Member \$60

Learn basic techniques and sources for researching your ancestors in the United States with emphasis on the 19th and early 20th centuries. Become familiar with repositories and websites to locate census records, vital records, immigration and naturalization records and other pertinent information. The course will include some "beyond the basics" topics as well. Familiarity with the internet is useful as the course will focus primarily on internet sources.

Johanna Becker is an amateur genealogist. She has been working on her family tree as well as her husband's for 30+ years and enjoys providing friends and family with basic information on their ancestors. She is a member of the New England Historic Genealogical Society and the National Genealogical Society. She received her bachelor's degree from the University of Texas-Austin and a Master of Actuarial Science from the University of Michigan Business School and is a retired vice president and actuary of MetLife.

The Art Instinct

Sessions: 4

Class Time: **3:00pm-5:00pm, MONDAY— 11/6, 11/13, 11/20, 11/27**

Class Limit: 20

Member \$35/ Non-Member \$60

This class will use Elena Mannes brilliant television 2 part series on Music and the Brain in which she discusses the subject with musicians and neuroscientists. From this point of departure we will make similar connections with graphic art and the neurological response to line, form and color. We will try to understand how art and music can have such profound emotional effect on most of us. Students will be encouraged to bring in CD examples of music that move or please them and reproductions of art that gives them pleasure and enlarged vision. Using what we have learned we will try, as a class, to determine why particular music and art can affect us emotionally and enrich our lives.

Barbara Olins Alpert taught at Rhode Island School of Design for a dozen years. Her specialty is Prehistoric Art. She has had many articles published in art and archeology journals and has written a book on this subject called The Creative Ice Age Brain. She is a practicing artist and has had her work shown in galleries nationally and internationally.

The Art and Science of Good Decision Making

Sessions: 5

Class Time: 10:00am-12:00pm, THURSDAY— 10/19, 10/26, 11/2, 11/9, 11/16

Class Limit: 12

Member \$40/ Non-Member \$65

This course explores the surprising influences and complexities involved in everyday decision making. Using lectures, videos, short readings and examples, we will discuss practical and proven techniques for assessing problems, structuring alternatives, and avoiding pitfalls. We will also emphasize ways to help others in the problem solving process.

Hank Kniskern is on the faculty at the Gabelli School of Business at Roger Williams University. Previously he taught at the Naval War College after a thirty year career in business, predominately in the areas of strategic planning and operational adaptation to new technology.

The Art of the iPhone Camera

Sessions: 3

Class Time: 10:00AM—12:00PM, TUESDAY— 9/26, 10/3, 10/17

Class Limit: 15

Member \$25/ Non-Member \$50

It's a new age. "It's been said that the best camera is the one you have with you." and the phone in your pocket does indeed offer a spontaneous new way to make good pictures. In this three session workshop you will learn how to create artistic photographs with the camera in your iPhone.

You will also learn how to edit and process your images using Apple "Photos", and other popular apps.

Elaboration — If you have an iPhone and/or an iPad, you have a convenient and powerful tool for creating unique imagery. I will show you how to unlock the potential of these devices. Furthermore, with a rapidly growing number of photography "apps," the possibilities are seemingly limitless. Be inspired wherever you are. Learn how the portability and connectivity of these mobile miracles allow you to shoot, edit, and share your creations wherever you go. Join me for an inspiring photography experience.

Jan Armor is a commercial and fine art photographer with many years of experience in both the digital and traditional mediums. He has received grants and awards for environmental photography, and has taught at the Newport Art Museum, the Bristol Art Museum, and at the Portsmouth and Tiverton arts organizations. His website is www.armorphoto.com

Please Note: This workshop covers how to use the CAMERA in your iPhone. This is not a workshop on how to use your iPhone. Also please note, this class is not for android users.

The Comedy Greats—A Laugh-a-thon in 5 Sessions

Sessions: 5

Class Time: **12:30pm-2:30pm, THURSDAY—9/21, 9/28, 10/5, 10/12, 10/19**

Class Limit: 25

Member \$40/ Non-Member \$65

Come and join me for this 5-week laugh-a-thon, as we relive the golden years of comedy! Enjoy some of the funniest skits from such shows as The Carol Burnett Show, Your Show of Shows (Sid Caesar), The Red Skelton Show, The Jackie Gleason Show, The Colgate Comedy Hour, and so many others. We'll enjoy the comic genius of Jonathan Winters, Bob Newhart, Carol Burnett, Rodney Dangerfield, Jackie Gleason, Bob Hope, Gilda Radner – just to name a few. We will discuss their history and background – and enjoy their special brand of humor. This class is designed to be FUN! So be prepared to laugh!

Brett Morse worked in the pharmaceutical industry for over 40 years. He is a graduate of Bryant College, served in the U.S. Navy during the Vietnam era, and is a certified yoga instructor.

Today's Europe: It's Tribal Roots and Current Challenges

Sessions: 8

Class Time: **10:00am-12:00pm, FRIDAY— 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17**

Class Limit: 25

Member \$65/ Non-Member \$90

Dissolution of the European Union, Brexit, antagonism to immigrants, etc. are arousing concerns throughout modern Europe as indicators of rising nationalism and re-emerging tribalism. So who were these Tribes (Peoples) and how have they influenced Europe through time? The Celts, Germans, Vikings and Slavs have been the dominant Peoples north of the Alps from Ireland to Asia, Scandinavia to the Mediterranean Sea between ~ 800 BC and 1200 AD. We'll examine the differences within and both political and geographic conflicts between them for the origins of a number of current issues which developed as they progressed from tribal societies to nation states influenced by the Roman Empire (s) and Christian Church in the process. Some genetic surprises resulted!

Dr. Ron Barks, a popular and experienced speaker, has long been interested in aspects of European history not commonly covered in most courses. Ron has presented at the Newport Senior Center since NCOS' inception there. He teaches history as a continuity rather than a series of chronologically isolated events. His seminars have been described as informative, insightful and entertaining .

THE EDWARD KING HOUSE &
NEWPORT CIRCLE OF
SCHOLARS CORDIALLY INVITE
YOU TO

meet the instructor night!

**Wednesday, September 6th at 6pm
at 35 King Street, Newport**

Come join us for this light reception
to meet and greet our new lineup of
instructors for the 2017 Fall Season.

RSVP to 401-846-7426 or online at
www.edwardkinghouse.org

Newport Circle of Scholars
Life Long Learning
at The Edward King House

About the Newport Circle of Scholars

The Newport Circle of Scholars is a non-profit volunteer organization that was created to provide life long learning programs for citizens 50 years of age and older. Its programs are focused on both scholarly and general interest subjects such as history, literature, science, international events, health, and the arts. Its programs and instructor recruitment efforts are facilitated and coordinated by a Curriculum Committee, and its external relations and policy are guided by a Board of Directors. **Membership in the Newport Circle of Scholars is included in your Edward King House membership at no extra charge.**

The Circle currently operates
with a combined Board/Curriculum Committee
made up of the following members:

Benjamin Riggs, President
Trudy Duval, Curriculum Committee Chair
Ron Becker
Johanna Becker
Carmela Geer, Liaison to the Edward King House



EDWARD KING HOUSE SENIOR CENTER

Newport Circle of Scholars Lifelong Learning Programs September to December 2017

REGISTRATION FORM

Name:		Daytime Phone:	
Street/City/State/Zip:			
Cell Phone:		Email:	

Check all that apply:	✓	Time	Date	Cost
Classic Lit Redux: Huckleberry Finn (1885) by Mark Twain	<input checked="" type="checkbox"/>	10am-12pm	Mondays—11/6, 11/13, 11/20	Member \$25/ Non-Member \$50
Cuba From The Eyes of Baby Boomers	<input type="checkbox"/>	12:45pm-2:45pm	Friday-11/3	Member \$10/ Non-Member \$35
Current International Affairs in Review	<input type="checkbox"/>	12:45pm-2:45pm	Wednesdays-9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15	Member \$65/ Non-Member \$90
Introduction to Chinese Medical Qi Gong	<input type="checkbox"/>	12:30pm-2:30pm	Thursdays-11/2, 11/9, 11/16, 11/30, 12/7, 12/14	Member \$50/ Non-Member \$75
Japanese Americans and World War II	<input type="checkbox"/>	3pm-5pm	Tuesdays-10/10, 10/17, 10/24, 10/31	Member \$35/ Non-Member \$60
Meditation	<input type="checkbox"/>	12:30pm-2:30pm	Thursdays-9/21, 9/28, 10/5, 10/12, 10/19	Member \$40/ Non-Member \$65
Near Death Experience	<input type="checkbox"/>	5:30pm-7:00pm	Thursdays-9/21, 10/19, 11/16, No Dec	By Donation
Newport's First Architect	<input type="checkbox"/>	3pm-5pm	Thursdays-11/30, 12/7	Member \$20/ Non-Member \$45
Researching Your Family Tree	<input type="checkbox"/>	10am-12pm	Wednesdays-10/4, 10/11, 10/18, 10/25	Member \$35/ Non-Member \$60
The Art Instinct	<input type="checkbox"/>	3pm-5pm	Mondays –11/6, 11/13, 11/20, 11/27	Member \$35/ Non-Member \$60
The Art and Science of Good Decision Making	<input type="checkbox"/>	10am-12pm	Thursdays-10/19, 10/26, 11/2, 11/9, 11/16	Member \$40/ Non-Member \$65
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The Comedy Greats – A Laugh-a-thon in 5 Sessions	<input type="checkbox"/>	12:30pm-2:30pm	Thursdays-9/21, 9/28, 10/5, 10/12, 10/19	Member \$40/ Non-Member \$65
Today's Europe: It's Tribal Roots and Current Challenges	<input type="checkbox"/>	10am-12pm	Fridays-9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17	Member \$65/ Non-Member \$90
			total	

The Senior Center at the
Edward King House
35 King Street
Newport, Rhode Island 02840



Newport Circle of Scholars

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