

Edward King House Senior Center
presents

Newport Circle of Scholars

Life Long Learning Program

COURSE CATALOG

Fall 2016



September to December 2016

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
Hank Kniskern and Patricia Wood, Curriculum Committee Co-Chairs
Ron Becker
Johanna Becker
Trudy Duval
Carmela Geer, Liaison to the Edward King House

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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 to 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

Musicals: Past and Present

Sessions: 4

Class Time: 2:00-5:00, MONDAY— 9/19, 9/26, 10/3, 10/17

Class Limit: 25

Member \$35/Non-Member \$60

If you love musicals, as I do, then this program is for you! We will enjoy four of the most entertaining and greatest musicals of all time: from the 1930's, "Top Hat" (1935—with Fred Astaire and Ginger Rogers); 1940's "Yankee Doodle Dandy" (1942—with James Cagney); 1950's, "Singing in the Rain" (1961— with Gene Kelly and Donald O'Connor); and from the 1960's, "West Side Story" (1961— with Natalie Wood and Rita Moreno). Our enjoyment will be enhanced with some videos, interviews, commentary, and a discussion. Come and join me as we relive those wonderful years when the musicals ruled the silver screen.

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

Science Fiction Journey

Sessions: 4

Class Time: 2:00-5:00, MONDAY — 9/19, 9/26, 10/3, 10/17

Class Limit: 30

Member \$35/ Non-Member \$60

Are we alone in the Universe? Will we be able to control our destinies? With discrimination rampant in the world today, including racism, gender-based persecution, and caste systems—what will the future hold for us? Science fiction helps us to understand these questions by exploring the challenges we might face with cybernetic implants, genetic engineering, new belief systems, and even contact with aliens. Come and join me on a science fiction film journey as we attempt to understand and resolve some of these issues. In this three hour, four week program, we will view four full length science fiction movies whose themes deal with some aspect of discrimination and control. There will be time each week to discuss reviews, content, story lines, symbolism, and relationships for each of these movies: *Gattaca '97*; *Robot '04*; *District 9 '09*; and *Elysium '13*.

Linda M. Morse graduated from URI. She has been a yoga and meditation practitioner most of her life, teaching for over fifteen years. Certified professionally through the Kripalu Center in Massachusetts, she owned and operated the Yoga Center in Melbourne, Florida, 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 for the OLLI at UNC Asheville, and for the OLLI at URI she taught Yoga, the Chakra Energy System, Meditation, Taking the Inward Journey, Chair Yoga, Breath Techniques, and *Avatar, the Movie*.

Classic Lit Redux: “All the King’s Men”

Sessions: 2

Class Time: 10:00-12:00, TUESDAY— 9/20, 9/27

Class Limit: 20

Member \$20/ Non-Member \$45

In honor of the election, our fall, 2016, novel is the great Pulitzer Prize-winning epic of American politics, *All the King’s Men* by Robert Penn Warren. It’s the tale of Louisiana Governor Willie Stark (based loosely on Huey Long) and it weighs the old adage about power corrupting and absolute power corrupting absolutely. The writing is magnificent. The 1949 film swept the Oscars. Eileen Warburton will provide background, biography, and historical context while guiding the discussion with questions and themes. Participating students must commit to completely reading the chosen book in advance—it isn’t fair to others if you cheat. Movie versions do not count. Opinions are mandatory.

Important: read the Harcourt Brace edition! This is a long book, so give yourself time to read it.

Eileen Warburton holds the 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 ten years, she has been the humanities scholar for 2nd Story Theatre.

Living the Tao

Sessions: 5

Class Time: 12:45-2:45, TUESDAY— 9/20, 9/27, 10/4, 10/11, 10/18

Class Limit: 25

Member \$40/ Non-Member \$65

This seminar will explore Taoist philosophy through the study of the timeless classic, “The TaoTe Ching” (“The Book of the Way and its Power”), combined with practical ways of integrating principles of Taoism and Zen (Ch’an) Buddhism into everyday life. 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.” T’ai Chi and Qi-Gong exercises for health, well-being, stress reduction, clear thinking and peace of mind will also be presented. At times, participants will be invited through a process of “guided self discovery” to engage in a series of experiments 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, Qigong, 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.

Researching Your Family Tree

Sessions: 4

Class Time: 10:00-12:00, THURSDAY—9/22, 9/29, 10/6, 10/13

Class Limit: 15

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 25+ 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.

Taking the Inward Journey

Sessions: 5

Class Time: 1:00-3:00, THURSDAY— 9/22, 9/29, 10/6, 10/13

Class Limit: 25

Member \$35/ Non-Member \$60

This four week seminar will introduce participants to the benefits of relaxation, movement and stretching. Each session will focus on a different technique designed to enhance wellness through a gentle mind-body approach. This interactive seminar will feature a session on each of the following prior experience is necessary, and all levels of ability are welcome. Please wear comfortable clothing and bring a yoga mat if you have one. This program may be enjoyed from a chair! These sessions will provide an opportunity for deep personal growth.

Linda M. Morse graduated from URI. She has been a yoga and meditation practitioner most of her life, teaching for over fifteen years. Certified professionally through the Kripalu Center in Massachusetts, she owned and operated the Yoga Center in Melbourne, Florida, 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 for the OLLI at UNC Asheville, and for the OLLI at URI she taught Yoga, the Chakra Energy System, Meditation, Taking the Inward Journey, Chair Yoga, Breath Techniques, and *Avatar, the Movie*.

The Dean Martin Story

Sessions: 4

Class Time: 1:00-3:00, THURSDAY— 9/22, 9/29, 10/6, 10/13

Class Limit: 30

Member \$35/ Non-Member \$60

Dino Paul Crocetti, better known as Dean Martin, was one of the most popular multi-talented personalities and entertainers of the 20th century. Dean Martin was nicknamed the “King of Cool” for his effortless charisma and self-assurance. His first ticket to stardom occurred in 1946 when he teamed up with Jerry Lewis. Martin and Lewis lasted eleven years before personality conflicts broke them up. In this four-week program we will examine Dean Martin’s life in music, movies, and television, as well as enjoy the hilarious antics and hijinks with his one-time partner, Jerry Lewis. Come and join me as we together share the genius of Dean Martin.

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

Asian Invasions of Europe

Sessions: 8

Class Time: 10:00-12:00, FRIDAY— 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18

Class Limit: 30

Member \$65/ Non-Member \$90

Throughout the course of its history since the 4th Century CE until today, Europe has been subject to invasions by various Asian powers and peoples. These include the Huns, the Muslims in Spain, the Mongols, and the Ottoman Turks. This series of seminars will explore the conflicts, cultures, and contributions from Asian powers that have challenged and influenced the development of Western Civilization. Our findings will then be applied to the current situation in Europe via **a new 8th seminar added to this series titled ‘Immigrations or Invasions: Causes and Potential Consequences** for current and future Europe as well as western culture and history in general. Participants are encouraged to share their views, insights, interests and experiences.

Dr. Ron Barks has been interested in the roots of Western European History not commonly covered in most history classes. An experienced lecturer in science, business, law and history, he has previously presented this series of seminars in the fall of 2011 and 2013. He has also presented seminars on “Asian Invasions of Europe: Their Influences on Western Civilization.”

Current International Events in Review

Sessions: 8

Class Time: 12:45-2:45, WEDNESDAY—9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16

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.

Art and Science of Good Decision Making

Sessions: 5

Class Time: 10:00-12:00, WEDNESDAY— 10/12, 10/19, 10/26, 11/2, 11/9

Class Limit: 15

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.

History of Japanese Americans in America

Sessions: 4

Class Time: 3:00-5:00, THURSDAY— 10/20, 10/27, 11/3, 11/10

Class Limit: 30

Member \$35/ Non-Member \$60

Soon after Japan's attack on Pearl Harbor and the declaration of war by the U.S., persons of Japanese descent living in America were forced to leave their homes, neighbors, and businesses and be incarcerated in internment camps. Ten internment camps from California to Arkansas were established, and 112,000 Japanese, two-thirds of whom were American citizens, suffered incarceration in these camps, in the name of military necessity and national security. The most notorious of the internment camps was at Tule Lake, California, which will be a prominent part of the classroom discussion, and it is where speaker Ken Nomiyama, was born. We will use this period as a central point to tell the story of the Japanese in America – the climate during the WWII and the history of the years before and after. This is a story of hardship and struggle, a hostile social and economic environment, and indignation. It is also a story of resilience, a desire to prove one's loyalty, and positive achievements since the end of World War II.

Ken Nomiyama developed an interest in Japanese American history, particularly Tule Lake WW II history because he is a Japanese American born at Tule Lake during War II, and is on the Board of the Tule Lake Committee, a non-profit group seeking to preserve the history of Tule Lake and educate future generations so that such misplaced actions by our own government do not recur.

Art in 'Our' Backyard: The Peabody Museum

Sessions: 1

Class Time: 8:30AM–5:00PM, SATURDAY— October 22, 2016

Class Limit: 12

Member \$50/ Non-Member \$75

Join us for a bus trip to Salem's Peabody Museum. We will explore the Chinese Exhibition and Raven's Many Gifts under the guidance of Noelle King. The bus will leave the Center at 8:30AM and the tour will begin directly upon entering the museum. This will leave you free for lunch wherever you choose and time to explore Salem before we depart at 3:30PM.

Noelle King (MA Columbia University) teaches at the Newport Art Museum and the Quinnipiac and Southern Connecticut State Universities. Her work has been exhibited in several museums and galleries. She is author of the *Mystic as Muse: 100 Years of Inspiration* (2013), and received her MFA as a member of the inaugural class in Art Practice at the School of Visual Arts.

How Meditation Helps Anxiety

Sessions: 2

Class Time: 12:45-2:45, MONDAY—11/7, 11/14

Class Limit: 25

Member \$20/ Non-Member \$45

Fear is a negative emotion, and there is little use of the expression of this emotion in our daily lives, particularly when it takes the form of anxiety. The scientific literature suggests that practicing mindfulness and meditation results in a substantial improvement in areas of anxiety and stress. In this two week session we will explore what anxiety is, how it affects us, and strategies to understand and work with our anxiety. Meditation practice will be included each week and there will be time for questions.

Priscilla Szneke is a mindfulness and meditation teacher who integrates thirty years' experience in health care as a nurse, medical editor, and epidemiologist with her commitment to meditation for stress reduction and personal growth. She has studied with a number of meditation teachers and has completed Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program for clinicians and programs through the Benson Henry Institute for Mind-Body Medicine, Insight Meditation Society, and Spirit Rock. She is enrolled in the two-year Community Dharma Leader Program at Spirit Rock, established to train and support the committed dharma practitioner in teaching insight, or Vipassana, meditation.

Secret Art - Hidden Art

Sessions: 5

Class Time: 12:45-2:45, MONDAY— 11/7, 11/14, 11/21, 11/28

Class Limit: 12

Member \$35/ Non-Member \$60

From the prehistoric art of 30,000 years ago throughout history, art has been placed in spaces where it could rarely and in some cases never be seen. We will look at and discuss examples. In at least one case, in one cave, even the artist could not see the result of his "blind" engraving. We will look at art secreted in caves, in tombs, in geoglyphs and other images that are hidden in plain sight in calligraphy and in the paintings of Leonardo and others. We will question the reasons for such secrecy. Reports on this art by students will be optional, but encouraged. Together we will attempt to understand some of the purposes of secret art.

Barbara Olins Alpert taught prehistoric art for a decade at the Rhode Island School of Design. She had articles on the subject published in academic and museum journals in France, Switzerland, India and the Czech Republic. Her book, *The Creative Ice Age Brain* was published in 2009. She was cited in "Who's Who in Rock Art," a publication of UNESCO.

The Art of the iPhone

Sessions: 1

Class Time: 9:00-12:00, THURSDAY— December 1, 2016

Class Limit: 15

Member \$15/ Non-Member \$40

It's a new age. The iPhone and iPad have provided us with a whole new way to make pictures. In this three-hour seminar you will learn how to create artistic photographs with your iPhone. You will also learn how to edit and process your images using Apple "Photos" app. We will also briefly touch on posting on social media like Instagram, Tumblr, Tweeter and Face Book. "It's been said that the best camera is the one you have with you. If you have an iPhone or iPad, you have a convenient and powerful tool for creating unique imagery. I will show you how to unlock this camera's potential. 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 iPhones and iPads allow you to shoot, edit, and share your creations wherever you go. Join me for an inspiring day of shooting and processing the iPhone way."

Note: This workshop is for iPhone and iPad users.

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

The Claus Von Bulow Case

Sessions: 5

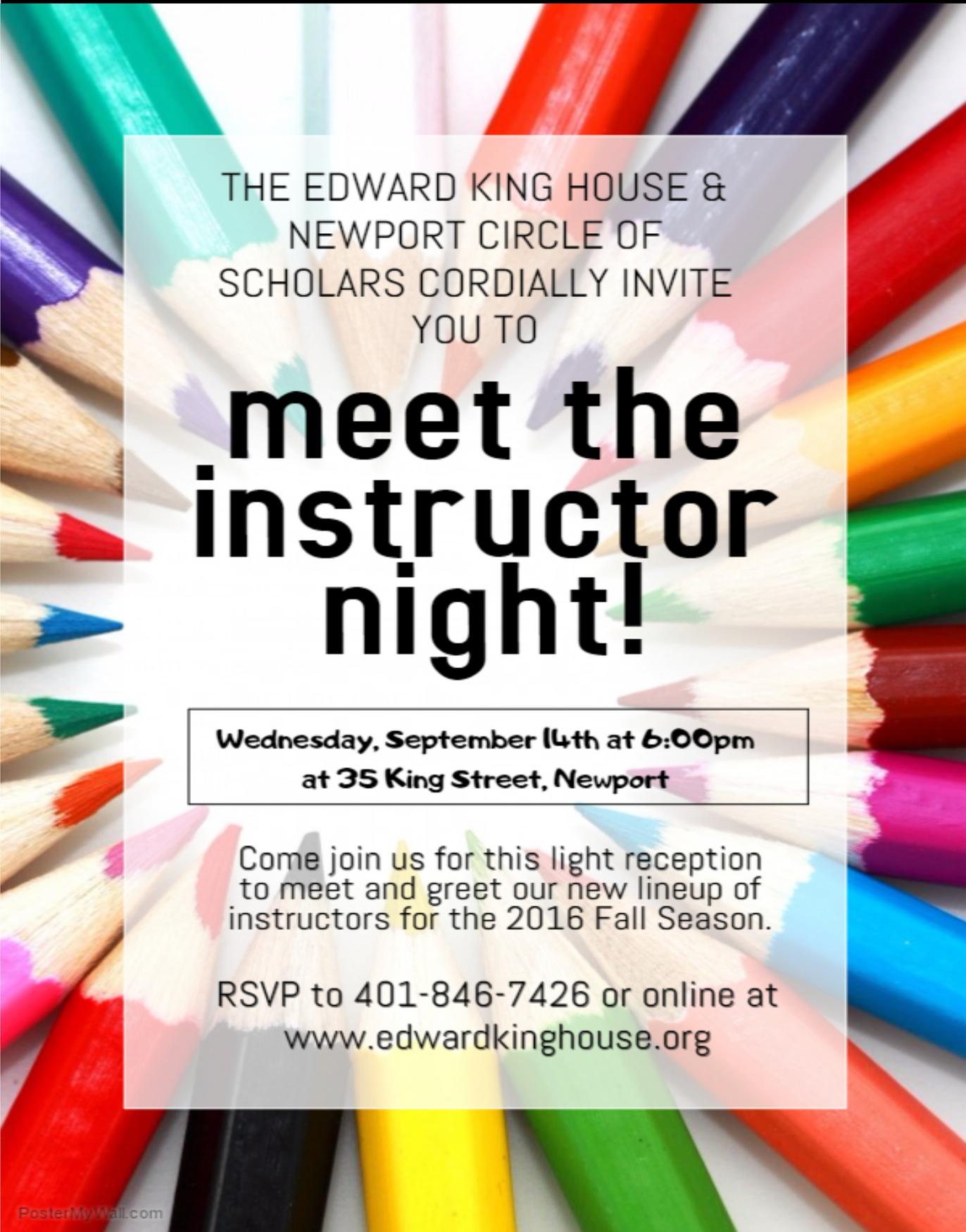
Class Time: 10:00-12:00, MONDAY— 10/17, 10/24, 10/31, 11/7, 11/14

Class Limit: 20

Member \$40/ Non-Member \$65

This seminar explores both trials of these nationally famous case, as well as the reversal of the conviction by the Rhode Island Supreme Court.

The Honorable Charles J Heffernan, Retired is the retired acting Justice of the New York State Supreme Court; former Assistant District Attorney (Manhattan); and retired U.S. Army Military Judge (Rank: Lt. Colonel)



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

meet the instructor night!

**Wednesday, September 14th at 6:00pm
at 35 King Street, Newport**

Come join us for this light reception
to meet and greet our new lineup of
instructors for the 2016 Fall Season.

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



EDWARD KING HOUSE SENIOR CENTER

Newport Circle of Scholars Lifelong Learning Programs September to December 2016

REGISTRATION FORM

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

Check all that apply:		Time	Date	Cost
Art and Science of Good Decision Making	<input checked="" type="checkbox"/>	10:00-12:00	WEDNESDAY— 10/12, 10/19, 10/26, 11/2, 11/9	Member \$40/ Non-Member \$65
Art in 'Our' Backyard: The Peabody Museum		8:30AM— 5:00PM	SATURDAY— October 22, 2016	Member \$50/ Non-Member \$75
Asian Invasions of Europe		10:00-12:00	FRIDAY— 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18	Member \$65/ Non-Member \$90
Classic Lit Redux: "All the King's Men"		10:00-12:00	TUESDAY— 9/20, 9/27	Member \$20/ Non-Member \$45
Current International Events in Review		12:45-2:45	WEDNESDAY—9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16	Member \$65/ Non-Member \$90
History of Japanese Americans in America		3:00-5:00	THURSDAY— 10/20, 10/27, 11/3, 11/10	Member \$35/ Non-Member \$60
How Meditation Helps with Anxiety		12:45-2:45	MONDAY—11/7, 11/14	Member \$20/ Non-Member \$45
Living the Tao		12:45-2:45	TUESDAY— 9/20, 9/27, 10/4, 10/11, 10/18	Member \$40/ Non-Member \$65
Musicals: Past and Present		2:00-5:00	MONDAY— 9/19, 9/26, 10/3, 10/17	Member \$35/Non -Member \$60
Researching Your Family Tree		10:00-12:00	THURSDAY—9/22, 9/29, 10/6, 10/13	Member \$35/ Non-Member \$60
Science Fiction Journey		2:00-5:00	MONDAY — 9/19, 9/26, 10/3, 10/17	Member \$35/ Non-Member \$60
Secret Art-Hidden Art		12:45-2:45	MONDAY— 11/7, 11/14, 11/21, 11/28	Member \$35/ Non-Member \$60
Taking the Inward Journey		1:00-3:00,	THURSDAY— 9/22, 9/29, 10/6, 10/13	Member \$35/ Non-Member \$60
The Art of the iPhone		9:00-12:00	THURSDAY— December 1, 2016	Member \$15/ Non-Member \$40
The Claus Von Bulow Case		10:00-12:00	MONDAY— 10/17, 10/24, 10/31, 11/7, 11/14	Member \$40/ Non-Member \$65
The Dean Martin Story		1:00-3:00	THURSDAY— 9/22, 9/29, 10/6, 10/13	Member \$35/ Non-Member \$60
			total	

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



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