

Edward King House Senior Center
presents

Newport Circle of Scholars

Life Long Learning Program

COURSE CATALOG

Winter/Spring 2017



January to June 2017

**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 to 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 and Johanna Becker
Trudy Duval
Carmela Geer, Liaison to the Edward King House

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

Newport Circle of Scholars Table of Contents

The Art and Science of Good Decision Making	4
The Art of the iPhone	4
Breathing Techniques	4
Classic Redux: <i>The House of Mirth</i>	5
The Claus Von Bulow Case: The Appeal	5
Current International Events in Review	5
The Day the Music Died	6
Experiencing the Chakra Energy with Chair Yoga	6
Geography and History of South Asia	6
The King – Elvis Presley	7
Peter Ilyich Tchaikovsky's Opera <i>Eugene Onegin</i>	7
Philosophy of Imagination: Dream Work & Symbolism	7
Politics, Economics and Medicine: The Good, the Bad and the Ugly	8
Surviving Loss	8
What Happens When You Die?	8

How to Register

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 at the time that 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 our Program Manager. **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.

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.

The Art and Science of Good Decision Making

Sessions: 5

Class Time: 10:00 – 12:00, Fridays 1/20, 1/27, 2/3, 2/10, 2/17

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 served 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, predominantly in the areas of strategic planning and operational adaptation to new technology.

The Art of the iPhone

Sessions: 1

Class Time: 9:00 – 12:00, Wednesday, May 10

Class Limit: 15

Member \$15 / Non-Member \$44

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 your Apple "Photos" app. We will also briefly touch on posting on social media like Instagram, Tumblr, Pinterest, and Facebook. 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

Breathing Techniques

Sessions: 4

Class Time: 12:00 – 2:00, Thursdays 5/4, 5/11, 5/18 and 5/25

Class Limit: 20

Member \$35 / Non-Member \$60

At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried a variety of paths to alleviate the condition, but when all else fails **BREATHE!!** Besides being calming, the breath can also be energizing – giving you the ability to focus and concentrate on a sport, a performance, or an activity. This interactive, relaxed, and enjoyable program can help you to increase lung capacity, build stamina and energy, exercise your lungs and heart, and come to the fullest essence of your being. Wear comfortable clothing and bring a yoga mat if you have one. This program may be fully experienced from the chair.

Linda 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. With her relaxed and humorous approach to teaching, she hopes to inspire students in body, mind, and spirit. She has taught with the OLLI at UNC Asheville, the OLLI at URI, Salve Regina, and the Edward King House.

Classic Lit Redux: *The House of Mirth* (1905) by Edith Wharton

Sessions: 2

Class Time: 10:00 – 12:00, Tuesdays 2/7 and 2/14

Class Limit: 15

Member \$20 / Non-Member \$45

Pulitzer Prize winner Edith Wharton is one of the most important writers to be associated with Newport and *The House of Mirth* (1905) is Wharton's first novel to feature the Newport Summer Colony. The book is a sharp portrait of the values and customs of American High Society and of the position of women at the turn of the 20th century. As usual, Eileen Warburton will provide background, biography, and historical context while guiding the discussion with questions and themes. We'll spend some time looking at the impact of the Gilded Age on our own Bellevue Avenue neighborhood as well.

Important: Participating students must commit to completely reading the chosen book in advance. [Signet Classic edition]

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 twelve years, she has been the humanities scholar for 2nd Story Theatre in Warren, RI.

The Claus Von Bulow Case: The Appeal

Sessions: 5

Class Time: 12:45-2:45pm, Mondays 1/23, 1/30, 2/6, 2/13 and 2/27

Class Limit: 20

Member \$40/ Non-Member \$65

This seminar will explore the evidence and legal issues presented in the nationally famous von Bulow litigations: the conviction at the 1982 Newport trial; the controversial 1984 decision of the Rhode Island Supreme Court reversing the conviction; the acquittal at the 1985 Providence retrial; and the civil suit filed in New York federal court soon after the acquittal. Members will also participate in a practical exercise requiring them, as attorneys for the prosecution or defense, to interview and then evaluate the fitness of potential jurors for the first trial.

Charles J. Heffernan, Jr. is a retired Acting Justice of the New York State Supreme Court; former Assistant District Attorney (Manhattan); former Special Assistant United States Attorney (Southern District of New York); and retired U.S. Army Military Judge (Rank: Lt. Colonel).

Current International Events in Review

Sessions: 8

Class Time: 12:45 – 2:45, Wednesdays 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15 and 3/22

Class Limit: 25

Member \$65 / Non-Member \$90

Currently in its 11th year, a workshop-style survey and discussion of current international events of the week, combined with country, region and political organization reviews. Guest lecturers from the Naval War College and other sources are also presented. Winter/Spring 2017 topics will add to an understanding of the current events being discussed.

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 the U.S. divisions of several foreign-owned conglomerates. After graduating from Boston University, he served for seven 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.

The Day the Music Died

Sessions: 6

Class Time: 9:00 – 11:00, Fridays 5/5, 5/12, 5/19, 5/26, 6/2 and 6/9

Class Limit: 35

Member \$50 / Non-Member \$65

This six-week program will examine the events and music of the 1950s that shaped our lives, including the Korean conflict, McCarthyism, the brewing unrest in Vietnam, and Rosa Parks and the Civil Rights movement. We will also look at the birth of Rock and Roll (1951) and its demise, beginning on February 3, 1959 with the fatal plane crash that took the lives of Rock and Roll Musicians Buddy Holly, The Big Bopper, and Ritchie Valens, the tragic event referred to in the lyrics, "The Day the Music Died." Through the use of a timeline (1950-1959), movie clips, and videos, we will witness the events of those years and the music that impacted our lives and changed the world around us.

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.

Experiencing the Chakra Energy with Chair Yoga

Sessions: 6

Class Time: 9:00 – 11:00, Fridays 5/5, 5/12, 5/19, 5/26, 6/2 and 6/9

Class Limit: 35

Member \$50 / Non-Member \$65

Every aspect of who you are – physically, emotionally, and mentally – can be attributed to the balance or imbalance of your chakras. This program is a perfect way to begin exploring the chakras, the seven energy centers located along your spine from the sitz bones to the crown of the head. We will cover the basic characteristics and functions of each chakra and practice gentle yoga poses to stimulate and balance each energy center. This program is an invitation to a deep internal journey with wonderful rewards. No yoga experience is needed, nor any familiarity with the chakras. The practice will be in a chair setting.

Linda 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. With her relaxed and humorous approach to teaching, she hopes to inspire students in body, mind, and spirit. She has taught with the OLLI at UNC Asheville, the OLLI at URI, Salve Regina, and the Edward King House.

Geography and History of South Asia—Concentration on India

Sessions: 8

Class Time: 10:00 – 12:00, Wednesdays 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29 and 4/5

Class Limit: 20

Member \$65 / Non-Member \$90

The seminar will cover the physical, social, and cultural geography of India and its neighbors. The organizing principle will be historical, beginning with the Indus Valley civilization, then the Vedic culture that absorbed and supplanted it, continuing through the famous empires of classical Hindu society, the invasions from Muslim Central Asia that culminated with the Mughal Empire, then the British Empire, and finally, the period of independence that began in 1947. Because of demographic centrality, the main focus must be India, but notice will be taken of Sri Lanka and Nepal, and, in the latter part of the course, the recently created countries of Pakistan and Bangladesh.

Tom Howard retired in May, 2012, from teaching geography, including the Geography and History of South Asia, at Armstrong State University in Savannah, GA. His experience in India goes back to two years as a Peace Corps volunteer in Tamil Nadu (1967-69). He has had four trips to India since then, most recently for a month in the summer of 2011, while participating in a National Endowment for the Humanities program for college professors.

The King—Elvis Presley

Sessions: 4

Class Time: 12:00 – 2:00, Thursdays 5/4, 5/11, 5/18 and 5/25

Class Limit: 35

Member \$35 / Non-Member \$60

Elvis Presley is one of the most celebrated and influential musicians of the 20th century. Commercially successful in many genres, including pop, rock and roll, blues and gospel, he is the best-selling solo artist in the history of recorded music! He is also one of the most important pioneers in the development of rock and roll, as well as one of the most popular movie stars. Through the use of movie clips, videos, and interviews, we will explore, listen to, and watch this iconic musician. Come and join us as we together enjoy the music of the man who would become “The King” – Elvis Presley.

Brett Morse worked in the pharmaceutical industry for over 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.

Peter Ilyich Tchaikovsky's Opera *Eugene Onegin*

Sessions: 4

Class Time: 1:00 – 3:00, Thursdays 3/30, 4/6, 4/13 and 4/20

Class Limit: 30

Member \$35 / Non-Member \$60

Once approached about creating an opera loosely based on the Pushkin novel in verse, *Eugene Onegin*, Tchaikovsky became “inflamed...with the subject... What an infinity of poetry there is in *Onegin*.” Superbly crafted and intense with dramatically rich music, *Eugene Onegin*, Tchaikovsky's lyric opera, tells the story of two lives haunted by youthful miscalculation, and of a third life wiped out in that process. The course will explore the source of the opera, which is Pushkin's long poem; Tchaikovsky's original treatment of the poem; the historical context of the opera, and the opera as a reflection of Tchaikovsky himself. Pushkin's text, Tchaikovsky's libretto, and YouTube clips will be used to inform our exploration. **Note:** This course is being offered in preparation for the optional Metropolitan Opera's HD performance of *Eugene Onegin* on April 22nd in Warwick. The class can “Meet Up” and enjoy an added enrichment to our opera appreciation.

Louis Mainelli served as a teacher and Math Department Chair for the Darien Public School System in Connecticut. He also taught at the MET School in Newport. He has taught opera courses for the OLLI at URI and for the Salve Regina Circle of Scholars program.

Philosophy of Imagination: Dream Work & Symbolism

5 Sessions

Class Time: 2:15-3:45PM, Tuesdays, 2/21, 2/28, 3/7, 3/14 and 3/21

Class Limit: 25

Members \$40 / Non-Members \$65

What is a dream? Why do we dream? What do our dreams mean? Why pay attention to them? Could dreaming be connecting us to a higher reality? How can learning to work with and in our dreams transform the quality of our lives? This seminar will provide a brief introduction to “Philosophy” and the basis of cultivating “Knowledge, Understanding and Wisdom.” We will explore the role of the “Human Imagination” in shaping “The Good Life” in light of discoveries made in “Archetypal Psychology and Philosophy.” We will discuss the nature of “Metaphor” and the notion of the “Poetic Basis of Mind.” Drawing from “Time-Honored Wisdom Traditions” and “Modern Research Findings” we will explore Perspectives, Principles and Practices of “Dream Work.”

Jesse Harding, Chief Instructor and Director of Villari's Martial Arts Center. 6th Degree Black Belt, Master Instructor, T'ai Chi, Qi-Gong, and Taoist Yoga instructor. Jesse began martial arts training in 1985 and has been teaching the arts for over 20 years. Adjunct Professor in the Theological and Religious Studies Dept. at Salve Regina University. He has degrees in Philosophy, Psychology and Religious studies, a MA in Holistic Counseling and a C.A.G.S. in Expressive Art Therapy. He has been actively involved in “Dream Work” for over 20 years.

Politics, Economics and Medicine: The Good, the Bad and the Ugly

Sessions: 4

Class Time: 10:00 – 12:00, Wednesdays 4/12, 4/19, 4/26 and 5/3

Class Limit: 15

Member \$35 / Non-Member \$55

In this course, we will examine the political origins behind two of the largest federal legislative achievements affecting health care: Medicare and the Affordable Care Act. We will try to predict where both are going in the future. We will also explore how much our free market economic system really applies to the present day health care industry. Finally, we will study the implications of a disease specific federal entitlement program under Medicare and how such a program influenced specific sectors of the health care in the United States.

Andrew S. Brem, M.D., was a full-time physician on the medical staff of Rhode Island Hospital for thirty years. During his career, he also served on a number of boards and committees that focused on health care issues at the national level. Those committees included Medicare's End Stage Renal Disease Networks (Regions 1 and 28), where he served terms both on the Board of Directors and as a Medical Review Board Chair (1982-2011). Dr. Brem also served as a consultant to the FDA's Cardiovascular-Renal Drugs Advisory Committee (2000-2008). He was on the Forum of ESRD Networks: Pediatric Clinical Performance Measures Sub-committee, Baltimore, MD (2001-2006).

Surviving Loss

Sessions: 3

Class Time: 12:45 – 2:45 – Fridays 4/7, 4/14 and 4/21

Class Limit: 20

Member \$30 / Non-Member \$55

The Dalai Lama said, "Death is a natural part of life. We can choose to ignore it, or we can confront it. As a Buddhist, I view death as a natural process, a reality that I accept. I see no point in worrying about it." This deep and curious question comes to most of us in time. There is no one answer to the mystery of life. Sooner or later we will have to experience the loss of someone close to us. There are practices and beliefs that change the way in which we choose to accept this. I will explore our own experiences, our personal beliefs and consider ways in which we can continue to live well, and accept the new paradigm we will deal with in the future, or are already find ourselves living in.

Yvette Nachmias-Baeu is a writer. Her first book, *A Reluctant Life*, explores the process of grief. A student of Buddhism, she spent many years in the New York and San Francisco theater. Her dual interest in education encouraged her to start a school, which continues to this day. She spent nine years as the Administrative Director of the Brown University Master of Arts in Teaching program. Nachmias-Baeu also served as a psychiatric nurse at the New York Psychiatric Institute.

What Happens When You Die?

Class Time: 5:00 – 6:30, 3rd Thursday each month 1/19, 2/16, 3/16, 4/20, 5/18, 6/16

This program began last March, and is conducted by 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. 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. There is no course fee required, but donations are accepted.

Ben Riggs is a retired business executive who has served as chief executive of several manufacturing companies. After graduating from Boston University, he served for seven years as a Naval Aviator, remaining in the Naval Reserve until retirement. 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.

EDWARD KING HOUSE SENIOR CENTER
Newport Circle of Scholars Lifelong Learning Programs January to June 2017
REGISTRATION FORM



Name:		Daytime Phone:	
Street/City/State/Zip:			
Cell Phone:		Email:	
Check all that apply:	<input checked="" type="checkbox"/>	Time	Date
The Art And Science of Good Decision Making		10:00 to 12:00	Fridays 1/20, 1/27, 2/3, 2/10, 2/17
The Art of the iPhone		9:00 to 12:00	Wednesday, May 10
Breathing Techniques		12:00 to 2:00	Thursdays 5/4, 5/11, 5/18 and 5/25
Classic Lit Redux: The House of Mirth		10:00 to 12:00	Tuesdays 2/7 and 2/14
The Claus Von Bulow Case: The Appeal		12:45 to 2:45	Mondays 1/23, 1/30, 2/6, 2/13 and 2/27
Current International Events in Review		12:45 to 2:45	Wednesdays 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15 and 3/22
The Day the Music Died		9:00 to 11:00	Fridays 5/5, 5/12, 5/19, 5/26, 6/2 and 6/9
Experiencing the Chakra with Chair Yoga		9:00 to 11:00	Fridays 5/5, 5/12, 5/19, 5/26, 6/2 and 6/9
Geography and History of South Asia		10:00 to 12:00	Wednesdays 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29 and 4/5
The King—Elvis Presley		12:00 to 2:00	Thursdays 5/4, 5/11, 5/18 and 5/25
Peter Ilyich Tchaikovsky's Opera Eugene Onegin		1:00 to 3:00	Thursdays 3/30, 4/6, 4/13 and 4/20
Philosophy of Imagination: Dream Work & Symbolism		2:15 to 3:45	Tuesdays, 2/21, 2/28, 3/7, 3/14 and 3/21
Politics, Economics and Medicine: The Good, the Bad and the Ugly		10:00 to 12:00	Wednesdays 4/12, 4/19, 4/26 and 5/3
Surviving Loss		12:45 to 2:45	Fridays 4/7, 4/14 and 4/21
What Happens When We Die?		5:00 to 6:30	Thursdays 1/19, 2/16, 3/16, 4/20, 5/18, 6/16
		Total	\$

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



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*You Are Invited To The
Newport Circle of Scholars*

Winter Wine and Cheese Reception

Friday, January 13, 2017

6pm

At the Edward King House

Come meet our instructors and learn about our new offerings.