

# Multi-Meeting Courses

A multi-meeting course is a series of meetings scheduled for multiple dates, and is designed to investigate a topic in-depth. Each lesson builds upon the previous meeting's content, with the end goal of developing a knowledge base or skill set regarding the topic of study. A one-time registration fee covers all meeting dates in the series, and participants should plan to attend all meetings to receive the full benefit of the course. Please register by the date specified to reserve your space. To register, complete and return the registration form on pages 39–40 or call 217-581-5114.

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## How to Write a Novel in 100 Days

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Date:	Tuesday & Thursday, January 10 & 12, 2012
Time:	10–11:30 a.m.
Location:	EIU Blair Hall, Room 3108
Presented by:	Rachel Raper
Cost:	Academy Member: \$40; Non-member: \$80
Register by:	January 2, 2012

It has been said that if you can write, you can write your own ticket. For instance, if you could have foreseen that millions of people worldwide would be compelled to read a book about an awkward teenage girl in love with a vampire, you would be a millionaire. In this course, you will learn an effective strategy for writing a novel in 100 days and brainstorming ideas to get you started.

*(limit 20 participants)*

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## Personal Development: Painless Self-Improvement Techniques

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Date:	Tuesdays & Thursdays, January 17, 19, 24 & 26, 2012
Time:	Noon–1:30 p.m.
Location:	EIU Blair Hall, Room 3108
Presented by:	A.J. Walsh
Cost:	Academy Member: \$80; Non-member: \$160
Register by:	January 9, 2012

This fun and painless personal development course will help you get inspired and learn techniques to improve your life. Cover 10 commitments to success, practicing non-judgment and how to get leverage on yourself to take action. Please feel free to bring a sack lunch.

**4** *(limit 20 participants)*

# Multi-Meeting Courses

## Gourd Craft and Cultivation

Date: Wednesdays, January 18, 25, February 1 & 8, 2012

Time: 5–6:30 p.m.

Location: EIU Doudna Fine Arts Center, Room 1920

Presented by: Karenlee Spencer

Cost: Academy Member: \$80\*; Non-member: \$160\*  
\*Plus additional supplies

Register by: January 3, 2012

Learn about growing, harvesting, and cleaning gourds. Create a beautiful, hand-painted gourd bowl, gourd birdhouse or gourd character (angel, Santa, Herb lady, etc.) to take home. Gourds will be provided. Please bring along some inexpensive acrylic paints in colors of your choice, available at Wal-Mart for less than \$2 each, and a couple of brushes. The instructor will show the students what supplies to get at the first class.

*(limit 20 participants)*

## Discovering the Real China

Date: Tuesdays & Thursday,  
February 28, March 1 & 6, 2012

Time: 1–2:30 p.m.

Location: EIU Blair Hall, Room 2116 on February 28 & March 1;  
Chinese meal on March 6, at a local establishment,  
to be determined

Presented by: Gordon Tucker

Cost: Academy Member: \$60\*; Non-member: \$120\*  
\*Plus luncheon cost

Register by: February 20, 2012

What have you heard about China, and how much of it is accurate? Based on 5 years' experience taking EIU students to China to study culture and usage of plants, Dr. Tucker will cover modern Chinese customs, culture, and cuisine, from the backdrop of the diversity of landscape and lifestyles in modern China. Participate in a tea-tasting session, with several unusual varieties of green and red teas. The final session will be held over lunch at a local Chinese restaurant.

*(limit 15 participants)*

# Multi-Meeting Courses

## Sleep: The Missing Link to Overweight & Obesity Issues

Date:	Thursdays, March 8, 15, 22 & 29, 2012
Time:	4–5:30 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Scott Ronspies
Cost:	Academy Member: \$80; Non-member: \$160
Register by:	February 29, 2012

Explore and analyze current trends and issues related to being overweight, obesity, and sleep issues across various age and ethnic groups. In addition, track and reflect on your own physical activity, nutrition, and sleep patterns. Engage in a variety of techniques and strategies to improve your physical activity, nutrition and sleep patterns.

*(limit 15 participants)*

## Fellini: The Visionary

Date:	Tuesdays, April 17, 24 & May 1, 2012
Time:	Noon–1:30 p.m.
Location:	April 17 & 24, EIU Phipps Auditorium, Room 1205, Physical Science Building; May 1, Blair Hall, Room 2116
Presented by:	Teresa Britton
Cost:	Academy Member: \$60; Non-member: \$120
Register by:	April 9, 2012

We will make sense of Federico Fellini's art film spectacular 'La Dolce Vita.' The first two sessions will be a guided viewing of the film. In the third session, we will learn why this film has been called a 'monument to western civilization.'

*(limit 15 participants)*

# Multi-Meeting Courses

## Using Native Illinois Plants in Your Landscaping

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Date:	Thursdays, May 3 & 10, 2012
Time:	1–3 p.m.
Location:	May 3, EIU Blair Hall, Room 2116; May 10, the Hummels' home
Presented by:	Kathy Hummel
Cost:	Academy Member: \$40; Non-member: \$80
Register by:	April 25, 2012

View lovely photos of native Illinois plants in home landscape settings. Take a field trip to the instructor's home to see the actual plants. Provide an electronic (e-mailed) photo of your home to [academy@eiu.edu](mailto:academy@eiu.edu), and the group will brainstorm possible landscape options for each photo. Handouts will be provided, and participants will receive starts of some of the native plants. Directions to the Hummels' home will be given during the first class meeting.

*(limit 15 participants)*

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## Textile Jewelry

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Date:	Tuesdays, May 8, 15 & 22, 2012
Time:	9:30–11:30 a.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Laura Aberle
Cost:	Academy Member: \$75; Non-member: \$135 (includes all supplies)
Register by:	April 23, 2012

We will be creating handmade jewelry using various textile techniques including felting, sewing, embroidery and other methods. Supplies are included in the price of the course. However, students are encouraged to collect and bring favorite materials such as wool, felt, thread, leather, roving, cotton and beads for project use.

*(limit 15 participants)*

# Multi-Meeting Courses

## The War of 1812: Unfolded in Indiana and Illinois

Date:	Tuesdays, May 8 & 15, 2012
Time:	5–7 p.m.
Location:	EIU Blair Hall, Room 3108
Presented by:	Cynthia Nichols
Cost:	Academy Member: \$40; Non-member: \$80
Register by:	April 30, 2012

As the bicentennial of the War of 1812 is underway, an often-forgotten theater of this much larger conflict were the skirmishes, battles, and cultural upheavals that occurred in the Indiana and Illinois territories. This two-part series focuses on the conflicts among American settlers, Native Americans, and British/Canadians in our region. Some events occurred as nearby as the Embarras River Valley and the Terre Haute area, as well as more known sites in central and northern Indiana, northern Illinois, and the Mississippi River Valley. Two U.S. presidents, Harrison and Tyler, and other colorful leaders, including Tecumseh and William Clark (Lewis and Clark expedition), shaped the course of events in the region.

*(limit 15 participants)*

## The Development of “Railroad Time”

Date:	Wednesday & Thursday, May 16 & 17, 2012
Time:	1–3 p.m.
Location:	May 16, EIU Blair Hall, Room 2116; May 17, Mattoon Train Depot
Presented by:	Rob Doyle
Cost:	Academy Member: \$40; Non-member: \$80
Register by:	May 8, 2012

Follow the development of Railroad and Standard time in this country. In the late 1800’s as train traffic increased, railroads needed to have a “standard” time for the safe movement of trains. The workshop will also answer the question...is that old pocket watch of yours an approved railroad watch? In addition, participants will visit the ICRR (Amtrak) Depot in Mattoon, IL.

8 *(limit 15 participants)*

# Multi-Meeting Courses

## Digital Photography

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Date:	Wednesdays & Thursday, May 23, 24 & 30, 2012
Time:	5–7 p.m.
Location:	EIU Gregg Technology Center
Presented by:	Doug Lawhead
Cost:	Academy Member: \$60; Non-member: \$120
Register by:	May 15, 2012

Learn to take better photographs with any type of digital camera, whether you use a cell phone, point-and-shoot, or a sophisticated camera with interchangeable lenses. Participants will learn basic composition techniques and how to apply these to the cameras they own. Please bring a digital camera of your choice.

*(limit 15 participants)*

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## Come Learn Tai Chi

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Date:	Tuesdays, Wednesday & Thursdays, May 29, 30, June 5, 7, 12 & 14, 2012
Time:	2–3 p.m.
Location:	Kiwanis Park Band Shell
Presented by:	Bill Feltt
Cost:	Academy Member: \$15; Non-member: \$30
Register by:	May 14, 2012

Tai Chi originated in China thousands of years ago, and billions of people around the world find its daily practice beneficial in restoring the mind-body balance and improving overall health. This course is taught by a Master Instructor with 33 years experience teaching martial arts.

*(limit 30 participants)*

# Multi-Meeting Courses

## Review of Henri Nouwen's Book, *The Return of the Prodigal Son*

Date:	Thursdays, June 14 & 21, 2012
Time:	9:30–11:30 a.m.
Location:	EIU Blair Hall, Room 3108
Presented by:	William Hine
Cost:	Academy Member: \$40; Non-member: \$80
Register by:	June 6, 2012

Henri Nouwen is one of the most popular writers of the 20<sup>th</sup> century. He has written an excellent book on the Prodigal Son story from the Bible. The book focuses on relationships between fathers and brothers, and how we can relate that to our own lives and spiritual being. This session will present an overview of the book and some of the major themes. Participants will take this information as background as they read and study this religious classic.

*(limit 20 participants)*

## *Bushido: The Philosophy of the Martial Arts*

Date:	Tuesdays & Wednesdays, June 19, 20, 26 & 27, 2012
Time:	3:30–5 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Gus Albear
Cost:	Academy Member: \$80; Non-member: \$160
Register by:	June 11, 2012

A study of the English translation of the work by Dr. Inazo Nitobe, titled *Bushido*, that will demonstrate the ethics of the Martial Culture of Japan with respect to the history and philosophy of the Martial Arts in America.

*(limit 15 participants)*

# Multi-Meeting Courses

## History of Rock & Roll and American Pop Culture

Date:	Tuesdays & Thursdays, July 3, 5, 10 & 12, 2012
Time:	1–3 p.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Annie Galindo
Cost:	Academy Member: \$80; Non-member: \$160
Register by:	June 25, 2012

Discover how modern American music and pop culture has shaped society, and how society has shaped music and pop culture. This course is an exploration into the sociological perspectives and concept of media as an agent of socialization. In what ways could your behavior be influenced by music and the popular culture?

*(limit 15 participants)*

## Meditation in Motion

Date:	Wednesdays, July 18, 25 & August 1, 2012
Time:	3–4:30 p.m.
Location:	SBLHC Education Center, Jefferson Room
Presented by:	Gus Albear
Cost:	Academy Member: \$60; Non-member: \$120
Register by:	July 10, 2012

Participate in white crane-based Chinese motion studies to develop a meditative state that infuses sound and motion. Please wear loose fitting/ gym clothing and gym shoes/tennis shoes.

*(limit 12 participants)*

What we learn with pleasure we never forget.

~Alfred Mercier

# Multi-Meeting Courses

## Drawing the Figure

Date:	Tuesdays & Thursdays, July 24, 26, 31, August 2, 7 & 9, 2012
Time:	2–4 p.m.
Location:	EIU Tarble Arts Center
Presented by:	Natalie Boyer
Cost:	Academy Member: \$120*; Non-member: \$240* *Plus additional supplies
Register by:	July 9, 2012

Beginners and advanced participants will experiment with a variety of drawing materials such as charcoal, graphite and hard pastels to create drawings of the figure. Participants may focus on portraiture, the whole figure or both. A total of three drawings will be created using a variety of drawing techniques.

Please plan to bring:

### SUPPLY PACKET

A supplies packet is available at EIU Martin Luther King, Jr. Book Store for \$15.99. Academy of Lifetime Learning members will receive a 20% discount on total purchases, excluding technology items, if they present their membership card at checkout.

Please also bring the following additional supplies:

### PAPER:

- 18"x24" or 22"x30" Charcoal/Pastel paper
  - 2 cream
  - 1 Tan (light or dark tan/your choice)
  - 1 Gray (choice of value/light or dark)

Paper is \$3–4 per sheet and you will need 4–5 sheets. Students may choose different colors of paper; however, stay away from bright colors such as reds, greens, blues and yellows.

### OPTIONAL ADDITIONAL SUPPLIES

- assorted soft pastels (portrait colors)
- sandpaper (Fine grade; 2–3 smaller sheets)
- hand pencil sharpener
- utility knife or razor blade for sharpening pencils and pastels

*(limit 20 participants)*