

# Workshops

A workshop is a single-meeting event lasting one to three hours, which serves as an introduction to a topic of interest. A workshop topic may be offered multiple times on the Academy schedule. Participants pay a per-meeting registration fee and may attend a single meeting, or may register to attend multiple times. 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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## Early Jazz: Ragtime to Swing

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Date: Tuesday, February 7, 2012  
Time: 2:30–4 p.m.  
Location: SBLHC Education Center, Madison Room  
Presented by: Joel B. Faires  
Cost: Academy Member: \$20; Non-member: \$40  
Register by: January 30, 2012

Compelling narratives for a general audience recount the rise of jazz in America during the first half of the twentieth century. Significant contributors to the development of jazz will be presented and landmark recordings will be heard and discussed.

*(limit 15 participants)*

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## Enduring Legacy: The Civilian Conservation Corps in Coles County 1935–1941

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Date: Thursday, February 16, 2012  
Time: 1–2:30 p.m.  
Location: Lincoln Log Cabin Auditorium  
Presented by: Lori Henderson  
Cost: Academy Member: \$20; Non-member: \$40  
Register by: February 8, 2012

This temporary exhibit is installed in the Sargent Gallery at Lincoln Log Cabin State Historical Site. A tour of the exhibit followed by a presentation describing the research and interesting facts about the activities of the CCC in Coles County during the Great Depression will be presented by Lori Henderson, exhibit curator and president of the Lincoln-Sargent Farm Foundation with comments by site manager, Matthew Mittelstaedt.

*(limit 30 participants)*

# Workshops

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## Naomi Sugino Lear: Artist's Lecture & Closing Reception

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Date:	Monday, February 27, 2012
Time:	7 p.m.
Location:	EIU Tarble Arts Center, Atrium
Presented by:	Naomi Sugino Lear
Cost:	Academy Member: FREE; Non-member: FREE
Register by:	January 26, 2012

An EIU alumna, Naomi Sugino Lear is on the Art faculty of Columbia College in Columbia, Missouri. She presents an exploration of “how our physical surroundings are an integral part of an artist’s diary. These subject matters are the places where I have lived and worked, where I have had both private and shared moments.” This presentation is provided by the EIU Tarble Arts Center.

*(unlimited participants)*

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## Facebook

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Date:	Tuesday, March 13, 2012
Time:	10–11:30 a.m.
Location:	EIU Booth Library, Room 4450
Presented by:	Tracy Valinevicius
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	March 5, 2012

Learn what Facebook has to offer, from how to establish an account, search for friends, and upload pictures to your account, to exploring current Facebook uploads, setting your security/privacy options, creating groups and/or events, and becoming aware of possible spam. Get acquainted with social networking.

*(limit 20 participants)*

## Charles Dickens: Illinois and the Mississippi/ Ohio River Valleys Through His Eyes

Date:	Tuesday, March 13, 2012
Time:	4–6 p.m.
Location:	EIU Blair Hall, Room 2165
Presented by:	Cynthia Nichols
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	March 5, 2012

Spring 2012 is the 170<sup>th</sup> anniversary of British author Charles Dickens' first trip to America, during which he traveled through the Ohio/Mississippi Valley to Illinois and St. Louis. Workshop attendees will see our region through his words and those of his traveling companions who stopped at Louisville (Kentucky), St. Louis (Missouri), Cairo, Belleville and Lebanon (Illinois), Cincinnati and Columbus (Ohio). Some of his experiences were later transformed into portions of his novel, *Martin Chuzzlewit*. Mr. Dickens had decidedly mixed feelings about his American experiences.

*(limit 15 participants)*



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# Workshops

## Mark Dvorak: The American Folk Song

Date:	Wednesday, March 14, 2012
Time:	Noon–1:30 p.m.
Location:	EIU Tarble Arts Center, Atrium
Presented by:	Mark Dvorak
Cost:	FREE
Register by:	March 6, 2012

Although the American heritage is influenced by many cultures from around the world, American folk and popular music are built primarily on the foundation of African and British Isles influences. Using some of our best-loved folk songs as examples, Mark's engaging stories trace these songs through decades of American history and show how the songs changed with the social issues of the day. This is a program of the EIU School of Continuing Education's Academy of Lifetime Learning, presented in cooperation with the Tarble Arts Center and the Illinois Humanities Council Road Scholars Speakers Bureau.

*(unlimited participants)*



## Fit Wits: Brain Fitness

Date:	Wednesday, March 21, 2012
Time:	9–11 a.m.
Location:	EIU Blair Hall , Room 2116
Presented by:	Cheri Burcham
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	March 13, 2012

Keeping your mind fit requires more than just working crossword puzzles or Sudoku. Learn about all the things that you can do to help keep the brain healthy and engaged.

*(limit 15 participants)*

## Severe Weather and the Restless Atmosphere

Date:	Tuesday, March 27, 2012
Time:	2–3:30 p.m.
Location:	EIU Blair Hall , Room 3108
Presented by:	Belayet Khan
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	March 19, 2012

This workshop will highlight the prominent processes that lead to formation of severe weather such as tornadoes, hurricanes, hailstorms, and thunderstorms in our restless atmosphere. Capabilities and limitations of forecasting severe weather will also be emphasized.

*(limit 15 participants)*

## Paper Bead Necklace

Date:	Wednesday, March 28, 2012
Time:	2–5 p.m.
Location:	Douglas-Hart Nature Center, Mattoon
Presented by:	Jennifer Tariq
Cost:	Academy Member: \$25; Non-member: \$50
Register by:	March 20, 2012

In honor of Earth Day, let's make a fabulous necklace out of something reusable—magazines! This class will teach you how to turn old magazines into beaded necklaces. They look like authentic beads! Class includes instructions and guidance while you make your very own necklace. 3 hours gives plenty of time to construct a necklace for you to keep. All materials are provided. Refreshments will be served.

*(limit 20 participants)*

Learning is finding out what we already know.  
Doing is demonstrating that you know it.  
Teaching is reminding others that they know  
just as well as you.  
You are all learners, doers, and teachers.

~Richard Bach

# Workshops

## Graduate Art Exhibition Gallery Talk

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Date: Wednesday, April 4, 2012

Time: 10:30 a.m.–Noon

Location: EIU Tarble Arts Center

Presented by: Kit Morice

Cost: FREE

Register by: March 4, 2012

Current Studio Art master's degree candidates will talk about their work in the exhibition. A wide variety of art media and approaches are presented in the exhibition. This is a program of the EIU School of Continuing Education's Academy of Lifetime Learning, presented in cooperation with the Tarble Arts Center.

*(unlimited participants)*

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## St. Anthony Hospital Fire, April 4, 1949

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Date: Wednesday, April 4, 2012

Time: 2–4 p.m.

Location: EIU Blair Hall , Room 2116

Presented by: Linda Ruholl

Cost: Academy Member: \$20; Non-member: \$40

Register by: March 27, 2012

St. Anthony Hospital in Effingham, Illinois, burned to the ground on the night of April 4, 1949. Seventy-seven people died, including adult patients, newborns and hospital staff, making it the second worst hospital fire in US history. Based on a textual analysis of contemporary news articles and other sources, this workshop will examine the events leading up to the fire, as well as the heroism displayed by nursing staff and rescuers. The impact of the fire on people in the community, and its continuing influence on national fire safety policy and legislation will also be explored.

*(limit 15 participants)*

## Fostering the Creative Spirit in Yourself and Others

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Date:	Thursday, April 5, 2012
Time:	9–11 a.m.
Location:	EIU Blair Hall, Room 2116
Presented by:	Cheri Burcham
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	March 28, 2012

Humans are naturally creative from the very start. Unfortunately, many people lose touch with their creative potential as time passes. It is possible to reconnect with one's creativity. Rediscovering one's creativity is an exciting process that can open new options for problem solving and productive living.

*(limit 15 participants)*

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## Three Folk Art Traditions of Northeast India Gallery Talk

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Date:	Tuesday, April 10, 2012
Time:	10–11:30 a.m.
Location:	EIU Tarble Arts Center, Gallery
Presented by:	Kit Morice
Cost:	FREE
Register by:	March 8, 2012

Tarble Curator of Education Kit Morice will lead a tour/discussion of the Indian folk art traditions represented in the exhibition, which includes primarily paintings with some sculptures. These traditions, hundreds of years old, continue to evolve in the modern world. This is a program of the EIU School of Continuing Education's Academy of Lifetime Learning, presented in cooperation with the Tarble Arts Center.

*(unlimited participants)*

# Workshops

## The Shakers: Life, Work, Inspiration

Date:	Thursday, April 12, 2012
Time:	2–3 p.m.
Location:	SBLHC Education Center, Madison Room
Presented by:	David Heckel
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	April 4, 2012

Explore the history of the Shakers and their lifestyle. They are a communal group known for their religion, architecture, and furniture. The program will be presented by speakers in period costume among Shaker artifacts.

*(limit 20 participants)*

## Non-Violent Communication

Date:	Thursday, April 19, 2012
Time:	1–3 p.m.
Location:	EIU Blair Hall , Room 2116
Presented by:	A.J. Walsh
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	April 11, 2012

This workshop will provide an introduction to compassionate communication and learning ways to express your needs clearly. You will also learn how to understand others' needs in a way that opens the heart and solves problems.

*(limit 15 participants)*

It is in fact a part of the function of education to help us escape, not from our own time — for we are bound by that — but from the intellectual and emotional limitations of our time.

~T.S. Eliot

## Arts & Crafts Movement: 1900–1920

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Date: Wednesday, April 25, 2012  
Time: 1–2 p.m.  
Location: SBLHC Education Center, Madison Room  
Presented by: David Heckel  
Cost: Academy Member: \$20; Non-member: \$40  
Register by: April 17, 2012

Get an overview of the Arts & Crafts Movement, relating history and artifacts, with an introduction to furniture and decorative arts of the era.

*(limit 15 participants)*

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## Play That Hot Fiddle! Old Time Radio and the Life of Southern Illinois Swing Fiddle ‘Pappy’ Wade Ray A Road Scholar Program by Dennis Stroughmatt

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Date: Wednesday, May 9, 2012  
Time: Noon–1:30 p.m.  
Location: EIU Tarble Arts Center, Atrium  
Presented by: Dennis Stroughmatt  
Cost: FREE  
Register by: May 1, 2012

Born in 1916, fiddler and singer ‘Pappy’ Wade Ray became one of the most endearing entertainers in country and western swing music. Through midwestern radio shows, Wade Ray gained national prestige alongside performers such as Patsy Montana and Rex Allen. Presenting the fast swing fiddling and humorous stories of his mentor Wade Ray, Dennis Stroughmatt will lead audiences through the early years of Old Time Radio and share how music brought America through the Great Depression, WWII, and beyond. This is a program of the EIU School of Continuing Education’s Academy of Lifetime Learning, presented in cooperation with the Tarble Arts Center and the Illinois Humanities Council.

Illinois Humanities Council  
  
www.prairie.org

*(unlimited participants)*

# Workshops

## EIU Renewable Energy Center Tour

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Date:	Thursday, May 24, 2012
Time:	10–11:30 a.m.
Location:	EIU Renewable Energy Center
Presented by:	Ryan Siegel
Cost:	FREE
Register by:	May 16, 2012

Join a tour of the recently completed Renewable Energy Center. Your private tour will include discussion of the green and sustainable aspects of the new Center.

*(limit 20 participants)*

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## From a Storybook to a DVD

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Date:	Monday, May 28, 2012
Time:	Appointment times are available 8:30 a.m.–4 p.m. After you register, call 581-8389 before May 28 for your 45-minute appointment
Location:	EIU McAfee Gymnasium, Room 1611 (west basement)
Presented by:	Pete Grant
Cost:	Academy Member: \$5; Non-member: \$40
Register by:	May 13, 2012

Have you ever wanted to read a goodnight story to your grandkids but live too far away? Ever wanted to be sure to tell your children a certain story about their Grandpa, their Grandma or their own childhood? Here is your chance. The Center for Academic and Technology Services at EIU can help you make a DVD for your children/grandchildren/nieces or nephews, etc. The DVD length will be 0-15 minutes, filmed in a 30-minute session. Come sit in front a camera and be videotaped reading a book or telling a story. Once the taping is complete, your DVD will receive a custom cover and label with your information.

*(limit 11 participants)*

## Backyard Birding

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Date:	Wednesday, June 6, 2012
Time:	2–5 p.m.
Location:	Douglas-Hart Nature Center
Presented by:	Jennifer Tariq
Cost:	Academy Member: \$34; Non-member: \$68
Register by:	May 28, 2012

Learn to create a backyard oasis for birds. In this workshop we will assemble a birdhouse, study common backyard and migratory birds, and learn to create a welcoming environment for birds. Supplies will be provided. If you have your own binoculars, please feel free to bring them.

*(limit 20 participants)*

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## Useful Pharmaceutical Information for the Home

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Date:	Thursday, June 21, 2012
Time:	1:30–3 p.m.
Location:	EIU Blair Hall , Room 2116
Presented by:	David Wasserman
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	June 13, 2012

We will discuss the different aspects of medication in-depth, including but not limited to: why you should lock up your medicines and why you should not let anyone else take your medicine. Learn what to do about prescription medication abuse, what to do if a confused person takes the wrong medications, and how to know if you or your loved one is on the wrong medication or dosage.

*(limit 15 participants)*

What sculpture is to a block of marble  
education is to the human soul.

~Joseph Addison

# Workshops

## Come Experience YouTube

Date:	Thursday, June 28, 2012
Time:	1–4 p.m.
Location:	EIU Gregg Technology Center
Presented by:	Pete Grant
Cost:	Academy Member: \$5; Non-member: \$40
Register by:	June 13, 2012

Start with this workshop as a YouTube newcomer to learn how to record a video using your computer, set up a YouTube account and upload your video to the Internet. The last hour of the workshop has been reserved to answer your questions, and for you to upload your video story from the Academy's DVD workshop (May 28) or other videos to your YouTube account.

*(limit 15 participants)*

## Forgiveness: An Important Gift to Yourself

Date:	Tuesday, July 17, 2012
Time:	9–11 a.m.
Location:	EIU Blair Hall , Room 2116
Presented by:	Cheri Burcham
Cost:	Academy Member: \$20; Non-member: \$40
Register by:	July 9, 2012

Humans are flawed creatures. At times we behave in ways that hurt others. This workshop will discuss what mental health professionals have come to understand about the importance of forgiveness in the healing process. Participants will examine their own feelings and experiences with forgiveness and learn strategies for using the power of forgiveness in their own lives.

*(limit 15 participants)*

No pessimist ever discovered the secret of the stars,  
or sailed an uncharted land,  
or opened a new doorway for the human spirit.

~Helen Keller

## Building Memories: Creating a Campus Community Exhibit Tour and Discussion

Date:	Thursday, July 19, 2012
Time:	1–2:30 p.m.
Location:	EIU Booth Library, Marvin Foyer
Presented by:	Robert Hillman
Cost:	FREE
Register by:	July 17, 2012

The EIU Community has defined itself through social, political, and cultural terms; often subtle, these pervasive factors can be seen in the naming of buildings, landscapes and memorials, as well as through current and forgotten traditions and memories. Participants will have a guided tour and exhibit exploring these themes throughout campus, followed by a group discussion.

*(limit 20 participants)*

Don't limit yourself.  
Many people limit themselves to what they think  
they can do. You can go as far as your mind lets you.  
What you believe, you can achieve.  
~Mary Kay Ash

## ***Have you seen these boxes before?***

They are called QR codes. QR codes are new technology that enables you to pull up a website straight to your smartphone in seconds! Make sure your phone has the free application that allows you to do so, then scan a QR code, and open a web page in the palm of your hand.

This QR code will take you directly to the Academy's web page.

