

Lake Eustis Institute



2012 SPRING SCHEDULE

- The 2012 spring schedule is divided into four sessions.
- Sessions 5 and 7 are two-week sessions. Sessions 6 and 8 are four-week sessions.
- Classes and workshops meet weekly on the Eustis campus (135 N. Grove St.).
Directions are on the maps and directions page of this website.
- There is a class quota. If you are interested in a class, register early, so the class can go forward.
It is always a good idea to check the website for the latest information.
- Class and workshop fees quoted are for the entire session. Members get their third class free.

SESSION 4, January 16 -28, 2012

CLASSES

Mondays

8 – 9 AM --- Moral Dilemmas: Two right actions and you can only do one, what do you do? A friendly discussion group confronts a new dilemma each week. They take the dilemma from gut reaction to final thoughts.

Facilitator: Virginia Barker, Institute Executive Director

Free to members.

10 AM – Noon --- How to Write Free Verse Poetry: learn how to best express your emotions in free verse. Writing poetry is an intense art form that uses words as paint. Come paint your feelings with just the right words.

Instructor: Laurie Brothers has a M.Ed. and has taught both English and writing courses.

Fee: \$35 (members \$25)

Tuesdays

1-3 PM --- Choral Speaking: Choral speaking is a dramatic exercise in which a number of people read aloud from poems, plays and fiction either individually, with a partner, with a group or as a choir. Just as singing voices learn to blend and project, spoken voices reflect the vibrancy, joy, or pathos of the material. No experience is necessary.

Instructor: Director Susan Mulholland has been a drama teacher and has been active in community theaters.

Fee: \$35 (members \$25)

Wednesdays

10 AM – Noon --- Who Owns the Past? The Museum and the International Antiquities Trade: Museums, auction houses and the international antiquities trade face increasing financial and legal issues that make the acquisition of artifacts and antiquities controversial. This class will be an introduction to a future class that probes other issues in the museum and art world.

Instructor: Dr. Robert H. Baer is a Registered Professional Archeologist. He received the Master of Studies (MSt) degree from the University of Oxford, UK and the MA in archeology and heritage from the University of Leicester, UK. His newest book is *The Last Voyage of the San Miguel de Archangel*.

Fee: \$35 (members \$25)

1-3 PM --- How Washington Works – Understanding the Convolutional World of Public Policy and the Legislative Process: this class examines the nuts and bolts of the public policy and legislative process. It will look at the institutions and actors we see daily in the news media. This too is an introduction to a future class that will cover the complicated world of federal, state, and local politics.

Instructor: In addition to being a Registered Professional Archeologist, Bob Baer is a graduate of the Center for Advanced International Studies, University of Miami, and holds a doctorate in Public Administration from Nova University.

Fee: \$35 (members \$25)

3 – 5 PM --- Energy Use in Florida: This class will discuss three energy problems and one simple solution. Florida produces very little energy, so it must spend \$100 million a day to purchase energy from out-of-state. How do we curtail this “drain with no gain?”

Instructor: Bill Ferree is president and founding partner of WattNext, Inc. a company that designs and installs infrastructure for electric cars. A retired commercial pilot, Ferree is also a Eustis City Commissioner.

Fee: \$35 (members \$25)

Thursdays

9 -11 AM --- How to Get Native Plants to Thrive in your Landscape: Many plants have flourished in Florida for centuries, because they have adapted to the soil and climate. Songbirds and butterflies love these plants. Learn what these plants are, where to get them, and where to plant them.

Instructor: Taryn Evans is an avid gardener who tried for years to force northern plants to grow in her gardens. Then she discovered native plants and, in her efforts to encourage others to use native plants, created a demonstration garden in her front yard. Evans is president of the Marion County chapter of the Florida Native Plants Society.

Fee; \$35 (members \$25)

Noon – 1 PM, Jan. 26th --- Book Club: The Book Club meets monthly on the fourth Thursday. The book for January is Kings of the Earth by Jon Clinch.

Free to members.

For a downloadable list of the 2011-2012 Reading List [click here](#).

Fridays

9 AM – Noon --- How Well Do You Know Yourself? Find your answers to three questions; who am I, who are these other people, and what am I doing. This workshop is a refresher course in psychological concepts. it concludes with practical stress management techniques.

Instructor: Dr. Frank MacHovec is a retired psychologist. He has written forty-four books and has been quoted and interviewed in the popular media.

Fee: \$45 (members \$35)

Saturdays

9 – 11 AM --- Compassionate Meditation: Understanding the Tibetan Buddhist principles of compassion and examining them through meditation is emotionally and physically effective. The class will discuss the definition of compassion, discover how to find it in oneself and make it a part of the everyday mind.

Instructor: Mark Winwood is the founder and resident teacher of the Chenrezig Project, a Tibetan Buddhist study and practice group. He teaches at several educational institutions and is a frequent traveler to India.

Fee: \$35 (members \$25)

1-3 PM, January 21, 2012 ---How to Schmooze: learn to network better and be the person people remember. Stop clamming up at business and social events and learn how to make effective small talk.

Instructor: Julie Devlin, M.A. is a licensed mental health therapist. Her work as a humor consultant has trained her light touch with serious subject matter.

1 – 3 PM, January 28, 2012 ---Stop Whining: this workshop will focus on empowerment through a light-hearted celebration of “cronedom”. Once upon a time being a crone was an honorable thing. Participants will explore ways to have fun in this final life transition.

Instructor: Julie Devlin

Fee for both workshops: \$35 (members \$25)

SESSION 5, January 30 – February 25, 2012

CLASSES

Mondays

8 – 9 AM --- Moral Dilemmas: Two right actions and you can only do one, what do you do? A friendly discussion group confronts a new dilemma each week. They take the dilemma from gut reaction to final thoughts,

Facilitator: Virginia Barker, Institute Executive Director

Free to members

10 AM – Noon --- Can the Collapse of American Civilization be Averted? --- All great civilizations in history collapsed; some within a decade and some over several decades. They did not slowly decline. What factor did they share in common? Can American civilization avoid that factor?

Instructor: E. Victor Walker, Ph.D. is an adjunct professor at Lake Sumter Community College.

Fee: \$70 (members \$55)

3 – 5 PM ---Murder & Mayhem on the Greek Stage: assassination, betrayal, infanticide, lust...headlines in today's media? Yes, but also universal human themes that drew tens of thousands to open-air theatres in the ancient world. The class will explore love, hatred and revenge in celebrated works by the renowned playwrights Euripides, Sophocles, and Aeschylus.

Instructor: Melinda Simmons is a professor of Humanities at Lake-Sumter Community College. She also teaches composition and literature courses and has been on the LSCC faculty since 1990.

Fee: \$70 (members \$55)

Tuesdays

9 – 11 AM --- What's Wrong with Me? Is it a virus, bacterial infection, or an allergy? Or could it be a fungus or a parasite? What is the difference? How do these invaders get their hooks into us and what do they do to us?

Instructor: Dr. Mark Zimmerman is a practicing Chiropractor with a second doctorate in Education.

Fee: \$70 (members \$55)

1 – 3 PM --- The Relationship between the Camera and the Computer: Learn to take photos with computer editing in mind. Learn to remember that you can crop, rotate, remove unwanted objects, and add people. One class will be held in an outdoors location with the emphasis on photography. The rest of the classes will be in the classroom improving the images.

Instructor: Terry Evans, B.S., owned and operated a photo lab for fifteen years. Much of that work was in restoration and editing. He is now a digital imaging consultant.

Fee: \$70 (members \$55)

Wednesdays

10 AM – Noon --- Conversational Spanish: improve your Spanish in a fun-filled way. Learning simple songs is a great way to enhance communication, vocabulary, and grammar skills.

Instructor: Joanna Lowe, B.A., taught Spanish for thirty years. She has won numerous awards, including the Walt Disney Innovative Ideas Award, and has published two books.

Fee: \$70 (members \$55)

1 – 3 PM --- Ireland – A Nation Once Again: This class will trace the seven hundred year struggle for Irish independence.

Instructor: David Mulholland, B.A., has made the study of Irish history a lifelong passion.

Fee: \$70 (members \$55)

Thursdays

10 AM – Noon --- What is the Big Bang Theory of Creation? How did our universe begin? How old is our universe? How did matter come to exist? Through the understandings of modern science we have been able to provide firm theories for some of the answers we once called hypotheses. This class will examine what science now knows about the Big Bang that created the universe, the age of the universe, and the synthesis of the first atoms.

Instructor: Stuart Anderson has a Ph.D. in theoretical elementary particle physics. He is an adjunct instructor at Lake Sumter Community College.

Fee: \$70 (members \$55)

Noon – 1 PM, Feb. 23rd --- Book Club: The Book Club meets monthly on the fourth Thursday. The book for February is *The Particular Sadness of Lemon Cake* by Aimee Bender.

Free to members.

1-3 PM --- Great Books: The Iliad and the Odyssey are the Greek epics at the beginning of the list of Great Books of the Western World. These adventure stories are the basis for all that came after. They have it all; battles, monsters, sorcerers, and romance. The class will look into the themes and motifs of the epics and learn why all other stories owe them a great debt.

Instructor: Virginia Barker is Executive Director of the Institute. She has a MA in Liberal Arts and has completed her Ph.D. course work in American Literature.

Fee: \$70 (members \$55)

WORKSHOPS & Symposium

Fridays

1 -3 PM --- Basic Pharmacology: If you take any drugs, these workshops are for you. You will learn how drugs affect the body and how the body affects drugs. The discussions will include: controlled and uncontrolled drug classification, generic and brand name medications, pharmacy terminology, dosage calculations, reading and interpreting prescriptions, and regulatory guidelines for monitoring the production, usage and inventory of drugs.

Instructor: David Segal has a Ph.D. in biochemistry and molecular biology. His post-doctoral fellowships were in neurology and psychiatry & behavioral sciences.

Fee: \$70 (members \$55)

3:30 – 4:30 PM --- Easy Does it Yoga: Build more energy, flexibility, strength, endurance and feel more relaxed. This class combines asanas (postures) which stretch and strengthen the body, breathing exercises to improve focus and energy, and relaxation techniques. It also provides a gentle workout for the entire body. The student need not be in ideal physical condition, but should be able to get down to the floor and up on their feet again, unaided. No prior yoga experience is required.

Instructor: Colleen Gallman is a Certified Yoga Instructor and has a RYT 200 Yoga Alliance Certification.
Fee \$70 (members \$55)

Saturdays

9 – 11 AM --- Diabetes and Dharma: learn to avoid or control diabetes. This class will examine current medical literature about diabetes including, diet, exercise and lifestyle. It will then combine Tibetan Buddhist ideas with those medical elements to give the student a well-rounded, motivational and practical look at how to live with this disease.

Instructor: Mark Winwood is the founder and resident teacher of the Chenrezig Project, a Tibetan Buddhist study and practice group. He teaches at several educational institutions and is a frequent traveler to India.
Fee: \$70 (members \$55)

SYMPOSIUM

2/24, 9 AM – 3 PM (lunch provided) --- Final Illnesses; Final Exits. Learn the specifics about coping with your own or a loved one's final illness. What are fatal illnesses, how do they progress, what are the costs, and who pays for what. Also covered are the things that need to be done when the illness terminates. Who is notified, what disposal arrangements are needed, how to write a good obituary, and what are the costs.

Fee: \$35 or \$60 per couple.

For more information, please visit :

www.lakeeustisinstitute.org

or call:

352.357.3995