Keene State College’s Cheshire Academy for Lifelong Learning
Winter Session - January 24 to February 18, 2022

Please note: All classes will be remote via Zoom

All 4-week classes are $25, with a discount of $5/class for four or more classes

**MONDAYS**

9:30 a.m. to 12 p.m. - Watercolor Birch Tree Painting (Lynn Zimmerman) – NOTE: January 24 & 31 only
This two-week workshop serves as a fun introduction to watercolor painting or as a reentry for artists who wish to revisit watercolor painting.

In the first session we’ll walk through our tools and materials and how to use and care for them. Then we’ll move on to learning and practicing several fun and fundamental watercolor techniques — washes, layering, sponging, spattering, and more.

In the second session, we will use our new (or refreshed) skills in a carefully-led process of painting a lively grouping of birch trees. Although the steps are prescribed, each artist will make their own choices of colors and method of application that will result in work that is distinctly your own.

Beginners are very welcome and will be gently guided through all the techniques and processes. The optional supply kit has almost everything you will need and will serve you for many years to come as we hope this is just the beginning of your adventure in watercolor painting. Supply information available online when you register. **Class size limit of 12. This class will not be recorded. If the class fills, a second class may be offered in February.**

An optional supply kit is available for $50, with an optional $10 shipping. A complete supply list will be provided when you register.

1:00 – 2:15 p.m. - Frederick Law Olmsted’s 200th: A Celebration of his New England (Ann McEntee)
The National Park Service and park conservancies across the country are celebrating the 200th anniversary of Frederick Law Olmsted’s birthday (April 26th). In honor of the father of landscape architecture and early 20th-century conservationist, this course will look at Olmsted’s early life in New England: how did the landscape shape his personality? What books did he read and how did they influence his philosophy of design? How did his various career “starts-and stops” contribute to his development as a landscape architect? It will then turn to two of his New England designs, the Emerald Necklace and Shelburne Farms, both of which display his fundamental design principles and techniques. Boston’s Park System reveals Olmsted’s sensitivity to the growing city and how he turned it “green” through five distinctive, interconnected parks. **Shelburne Farms**, one of New England’s great country place estates, displays his fundamental
design principle, “look to the genius of the place.” Through both works we can understand how the majestic scenery of New England shaped and then directed his work as a designer of great landscapes. Please join us for a birthday celebration. (As the course will be presented via Zoom, you will need to bring your own cupcakes to class! This class will be recorded.

4:00 – 5:15 Birds in Winter (Steven Lamonde)
Like humans, many birds call New England their year-round home. For other birds, below-freezing temperatures are just another day of southern winter vacation. From the majestic Snowy Owl to the inquisitive Black-capped Chickadee, this four-week online course will introduce you to many of New England’s wintering bird species. We’ll also explore the amazing adaptations birds evolved to survive cold winter nights and practice documenting birds for community science. While the weather outside may be frightful, talking about winter birds will be delightful! This class will be recorded.

4:00 – 5:15 p.m. - Current Issues at the NH State House—An Inside Look (Lucy Weber)
The class will examine some of the current “hot” topics in the NH legislature. The class will start with an overview of the 2022 bill filings, and will cover an overview of the once-every-ten-year Redistricting process. The subject matter of the additional classes will be determined by a combination of current events and participant interest. This class will be recorded.

TUESDAYS

10:00 – 11:15 a.m. - Jean Rhys’s Wide Sargasso Sea: Who is that madwoman in the attic? (Kathy Fleming)
Anyone who has read Charlotte Brontë’s Victorian novel, Jane Eyre, will remember Jane’s first glimpse into the locked attic room at Mr. Rochester’s mad Creole wife:

“What it was, whether beast or human being, one could not, at first sight, tell: it groveled, seemingly, on all fours; it snatched and growled like some strange wild animal; but it was covered with clothing, and a quantity of dark, grizzled hair, wild as a mane, hid its head and face.” In her 1966 novel, Wide Sargasso Sea, the West Indian/British writer Jean Rhys offers a prequel to Jane Eyre, in which she creates a backstory for Rochester’s Jamaican wife that humanizes her and exposes the racial and sexual exploitation underlying Western Culture. We will review excerpts from Jane Eyre as a first step in our examination of Wide Sargasso Sea, considering the novel’s historical context, its connections to Rhys’s biography, and the reasons it is considered a modern masterpiece. The class will be recorded.

3:30 – 4:45 p.m. The 4th Quarter – It’s About Time (Bob Meissner)
Over 50? Life accelerating? Frozen at times between too much to do and the lurking reality of mortality? You might find this class timely, empowering and refreshing. What if
you thought of your life as a four-quarter game, like basketball or football? Make a crazy estimate on how long you might live, and you’ll figure out what quarter you think you’re in. During our four very interactive classes we will: 1. Look back on our (I’m doing this with you) completed bucket list to both crow and cry about from quarters one, two, and maybe three. What were the big ‘life lessons learned’? 2. Ok, now where are we? What values have we burnished? What do we really care about? What does our character say about us? 3. Looking to the future (and much more than to the remaining bucket list); where does our soul say we should go next? How are we going to manage the clock in our everyday four quadrants of living: physical, intellectual (more CALL classes?), emotional (relations, for example – some to mend, some to end?) and spiritual. 4. The two-minute warning. Let’s get ready to beat the clock. This class will not be recorded.

WEDNESDAYS

8:00 – 9:00 a.m. - Healthy Back Yoga (Robin Turnbaugh)
It’s been said that the body is as young as the spine is flexible. To minimize the effects and subsequent discomforts of aging, it is important to keep our spine strong and agile and maintain good posture. This class will provide tools to assist in pain relief and preventive care of the back, shoulders, and neck.

Some of the main causes of pain in these areas are weak core muscles, extensive sitting and poor posture. Healthy Back Yoga will focus on gentle yogic stretches, breathing, and strength exercises. We will also work on postural awareness and alignment, and movements to open and lengthen the spine.

The class will consist of a gentle warm up and simple spinal awakening period before moving into movements that encourage good posture, core strength, and flexibility to the back, shoulders, and neck. We will also explore therapeutic approaches to traditional yoga postures.

All levels are welcome. If you have a history of back or neck injuries, disc issues, or significant pain, please consult with your physician or physical therapist in advance of registering for this class. Please note that this is not designed as an on-demand class. Students are expected to participate in the live class on Wednesday mornings. A recording will be available for one week after the class for emergency situations where students cannot attend a particular class live.

10:00 – 11:15 a.m. - Pechorin: Hero or Villain? Lermontov’s A Hero of Our Time (Sue Olson)
When we think of 19th century Russian literature, the great psychological realist works of Dostoevsky, Tolstoy, or Chekhov most often come to mind. Until 1840, however, no true prose Russian novel existed. Mikhael Lermontov’s short novel, “A Hero of Our Time,” is considered the first prose novel and a pivotal work between Romanticism and Realism as Russian literature made a rapid transition from poetry to prose. Using the exotic setting of the Caucasus region, which remains today an area of unrest for Russia, as it was in the 19th century, Lermontov uses an innovative narrative technique to fuse
five short stories into a novel that develops and reveals Pechorin’s psychology and morality through his life and actions within the sociopolitical context of the repressive autocratic reign of Tsar Nicholas I. In this course we shall begin with a brief overview of Lermontov’s life and of the history of the troubled Caucasus and its ethnic inhabitants. Then we'll discuss the short novel in greater detail to come to a better understanding of Pechorin, one of a group of male characters in Russian literature of the first half of the 19th century, known as “superfluous men.” An electronic copy of the novel will be provided, and the class will be recorded.

10:00 – 11:15 a.m. - Delightful Down Under (Bob Beck)
Are you tired of the snow, ice, and cold? Take a virtual break from the winter weather and visit Australia, the sunbaked continent. CALL instructor Bob Beck fell in love with Down Under during his first visit in 2011, since then traversing that beautiful land over the past decade on numerous holidays. From Darwin in the Northern Territories to the great cities of Melbourne, Sydney, and Brisbane to the tropical rainforests astride the Great Barrier Reef to the stunning western coast near Perth to the far south of Tasmania, come join this digital cruise of a stunning land of geographical wonders, inviting cities, and simply the best beaches in the world. This class will be recorded.

12:30 – 1:45 - Emily Dickinson, the Belle of Amherst (Dave Gruender)
This ZOOM course will take a look at the life and times of one of our pre-eminent poets and how her genius, slowly and posthumously, became widely recognized. We will examine a broad cross-section of her poetry, including some of her best-known, best-loved works, as well as some lesser-known. Reader’s copies of the various poems to be discussed will be provided via email. This class will be recorded.

12:30 – 1:45 - Developing Your Poetic Form (Katherine Clarke)
Do you ever have a poem you’d like to write but can’t find a way to get started? Sometimes experimenting with forms can help you begin. This course will engage you in a variety of poetic forms—traditional and contemporary. We’ll read and discuss several in each class. You’ll learn how other poets have used form to serve particular subjects or occasions. You can try a traditional sonnet, villanelle, pantoum, or ghazal. Maybe a haiku or haibun. You might venture into newer forms like the duplex, golden shovel, or spoken word. This is a craft workshop and prompts will be offered. You’ll be encouraged to draft a poem between classes, not to be workshopped but brought in to share with the class. You’ll enjoy this class if you want to gain a deeper understanding of form, in an atmosphere of experiment and fun. All levels welcome. This session will not be recorded.

1:00 – 3:00 - Drawing Birds (Angela Amato)
A basic drawing class centered around drawing birds with graphite pencils. Enhance your drawing skills and practice. Share with others through critique and discussion. Class includes demonstrations and review of drawing elements and principles. Adding color is optional with gouache paint set, colored pencils OR water
color set. Supply information available online when you register. This class will not be recorded. Class limit of 15.

THURSDAYS

10:00 – 11:15 a.m. - Critical Thinking & Creativity Through the Short Film (Dave Gonthier)
This course will study the art and craft of the short subject film (anything under 45 minutes) by studying how their narrative storytelling devices like plot, themes and ideologies are complemented by their cinematic techniques including cinematography, editing and sound. Each session will be dedicated to watching and discussing the selected films (often more than once) and at times applying these concepts to some fun, simple creative exercises. This class will be recorded. Class size limited to 15.

10:00 – 11:15 a.m. The “Cloud” (Judy Brophy)
Does the word “cloud” make you nervous and a bit confused? Clouds have been around for a long time in computing but perhaps you have been avoiding them. Storing files remotely in a cloud makes them available to you anywhere you have Internet. It expands both your storage capacity and your access. We’ll look at 4 of the most popular clouds: Google Drive, Dropbox, One Drive and iCloud. At the end of this class you will be able to determine if one or more of these cloud options are for you. This class will be recorded.

11:00 – 12:15 p.m. The Little Red Schoolhouse Meets the Big White Courthouse (Ellen Nuffer)
Is there a basic right to an education in the US? Who pays for it AND who gets to decide what gets taught and to whom?

Together we will explore these questions and examine several classic and contemporary court cases that help clarify (or befuddle!) these issues. You can bet that critical race theory, tuition vouchers, banned books, religion in public schools, and teacher, student, and parental rights will be discussed. This class will not be recorded.

12:30 – 1:45 Armchair Journeys Real and Imagined: A Reading, Discussion and Writing Workshop (Elayne Clift)
We can learn a great deal about other countries and cultures by reading stories written by the world’s great travel writers. We can also tell our own tales – real and wished for - whether of cultural heritage, family rituals, true travel experiences or imagined bucket list adventures when we take time to reflect upon them through creative expression. This 4-session workshop will include reading and discussing selected short stories by a variety of literary and travel writers as well as noted poets. It will also offer prompts for our own writing, both in workshop time and in “homework” assignments, to be shared voluntarily when we meet. What could be better than
traveling from home in winter? Come prepared to wish, wonder and write! **This class will not be recorded. Class size limited to 15.**

1:00 – 2:15 p.m. - Winter: A Natural and Literary History (Matthew Myer Boulton)
An exploration of science, poetry, and prose illuminating the darkest season, all with an eye to deepening our understanding and appreciation of this often misunderstood, disparaged time of year. From Thoreau to Mary Oliver, visual art to music, ecology to literature, we’ll endeavor to make this winter one of the best - or at least one of the most interesting - winters yet. **This class will be recorded.**

4:30 – 5:45 p.m. The Beatles: Yesterday and Today (Paul Jenkins)
One of the most famous, critically acclaimed, influential, and popular bands of all time, the Beatles continue to inspire listeners more than fifty years after their formal dissolution.

This course will examine what elements made the Beatles so well received and significant. Through analysis of both the lyrics and the music of some of their most popular songs, we will attempt to identify the major ingredients of the Fab Four’s unparalleled success. We will also briefly explore how the group influenced art, business, fashion, film, and spirituality in the 1960s. **This class will be recorded.**

**FRIDAYS**

8:30 – 9:45 a.m. - Historic Artist Colonies of New Hampshire (Kimberley Olmstead)
This course will focus specifically on historic artist colonies in New Hampshire. We will examine the MacDowell colony, the Dublin colony, the Saint Gaudens Historic site in Cornish, the Isles of Shoals, the White Mountains, and the Pennsylvania settlement in Nelson. **This class will be recorded.**

10:00 – 11:15 Fungi Diversity in New Hampshire (John Benjamin)
Interested in exploring the world of fungi found right outside your door? Want to learn how to recognize common mushroom species, even in the wintertime? Join Harris Center naturalist and fungi phenom, John Benjamin for this course! Together, we’ll investigate the critical ecological roles played by fungi, explore symbiotic relationships between fungi and other species, discuss the basics of foraging, and identify mushroom photos sent in by participants. **This class will be recorded.**

10:00 – 11:15 The Current State of Exoplanet Research – Part I (Claudio Veliz)
This winter session starts with a survey of concepts in observational astronomy: the scale of the universe, stellar system evolution, and a review of the “Big Bang”. We’ll cover how astronomical observations are being conducted - especially regarding exoplanet/moon detection - and what observatories soon to be commissioned may reveal. While the winter course can function as a stand-alone session, it is strongly recommended as preparatory before registration in the continuing, more technical Spring session. We will focus on the current research of exoplanets/moons, and the multipronged search for life beyond our planet.
Presentations will be graphic-rich, with additional material provided for those who wish to delve deeper between classes. While access to the Internet and email is not strictly required, the course will include considerable on-line link references, so students will benefit substantially by having such access. Some independent observing exercises, with instructions, will be presented for those who wish to do their own observing. **This class will not be recorded.**

**10:00 – 11:15 How Ethics Can Improve Our Public Life (Meg Mott)**
According to Aristotle, politics gives us the opportunity to become better people. Families provided companionship, but only politics allowed for noble action. But what if public life makes us meaner and more afraid? This class looks at four political theorists who wrestle with the problem of being good in contentious times: Aristotle, Montaigne, Spinoza, and Martha Nussbaum. What practices can we develop to lower the partisan temperature and raise the possibility for goodness? **This class will be recorded.**

**12:30 – 1:45 Writing the Short Play (Leila Teitelman)**
In this class we will break down the key elements of effective 10-minute plays through reading, analysis and comparison. Students will then be given an opportunity to write and present their own short plays to be performed and studied by the class. Come prepared to exercise some creative impulses, read, write and have fun!

**12:30 – 1:45 Steven Pinker Revisited (Terry Ortlieb)**
In comparing Pinker and Chomsky it has been said that Pinker’s writing expresses few qualms about the social hierarchies, differences in power, capacity to dominate and acquire, and unequal rewards of capitalist economic systems—systems that by their natures and in practice induce considerable disparities in income, power, and wealth. While Chomsky is an egalitarian who holds that everyone should have an equal say in economic and political matters that affect them, even suggesting that an ideal system would accord equal reward to all. **This class will be recorded.**

**1:00 – 2:15 Walldogs (Historical Society of Cheshire County)**
In June 2019, 200 artists descended on the city of Keene to paint 16 historically-themed murals across its cityscape. Join the Historical Society of Cheshire County as we delve into the local history associated with four of these murals. The class topics include: the Wyman Tavern by HSCC tavernkeeper Becky Barton, Catharine Fiske by HSCC director Alan Rumrill, Keene Normal School by retired KSC professor Larry Benaquist, and Jonathan Daniels by the new Jonathan Daniels Center for Social Responsibility director Heidi Schweiger.

**2:00 – 3:15 p.m. – Afghanistan: 50 Years of War (Javed Chaudhri)**
Afghanistan was established as a monarchical nation state in 1760, 16 years before the birth of the United States. This kingdom lasted 213 years during which period the Afghans fought every great empire in modern history: Russia, China, the Marhattas,
Sikh Punjab, Persia, British India, the United States, each one more powerful than itself, and managed to survive. Hence the grudging title, Graveyard of Empires.

This course is “a short walk in the Hindu Kush” which is a title of a marvelous trek in the region by Eric Newby. It is an encapsulation of Afghan history and an explanation of why there is a Taliban movement and why Afghanistan will continue to survive.

2:00 – 3:15 p.m. - Bridge: How Do We Bid Challenging Hands? (Paul Krautmann)
Sometimes the cards we pick up in a game of bridge make our bid clear and obvious: we have good high-card points and we have a fairly long, almost self-sufficient suit (or sometimes the cards just say ‘Pass!’) This class will explore the more common, more challenging hands. Maybe our hand has good high-card points but no clear suit to bid. Maybe it has a long suit but not enough points for a regular opening bid.

We will explore the approaches that partnerships take in bidding these hands including the basic “five-card major / three-card minor” framework; no-trump openings and looking for a major-suit fit thereafter; weak, pre-emptive bids; and the Law of Total Tricks as a guide in deciding how high to compete.

Each class will begin with a presentation in that week’s topic, and be followed by extensive card play at separate virtual tables using BridgeBase Online. **This class will be recorded. Class size limited to 24 students.**