



Volume XIV Issue III

Leisure Learning Society Newsletter

Community Connection

Fall 2009

Leisure

Learning Society

OPEN HOUSE

FRIDAY,

SEPTEMBER 18, 2009

2:30 PM – 4:00 PM

Bayview Senior Citizens Center

Food Fun Faculty

Come meet and greet old friends & faculty

Enjoy entertainment and refreshments

Register for classes, and MORE!



News & Notes

PARKING AT UWF

Parking regulations at UWF are strictly enforced. If you do not have a UWF or Leisure Learning Society parking decal, you will be ticketed. On the first day of any campus course, an attending Leisure Learning Society staff member will have extra parking decals. These decals do not expire as long as you are an active member. These decals are to be placed on the back glass, lower left-hand corner, of any vehicle you will drive onto campus. If at any time you are on campus and do not have your decal, simply stop by the UWF Welcome Center, located at the main UWF entrance, to receive a temporary parking decal. LLS decals are only effective during LLS classes/activities and **ONLY IN COMMUTER PARKING LOTS!** Please pay close attention to the signs and not the curb colors for correct parking areas. **NOTE:** If you have followed the UWF parking regulations and are ticketed, we will take care of it. A copy of the UWF parking regulations may be picked up at the Welcome Center or Building 90 in the Parking Services office. Please contact our office for further inquiries (850) 474-3491.

NAUTILUS CARD BENEFITS

As a benefit of being a Leisure Learning Society member, you are eligible to purchase a UWF Nautilus card. The cost is \$10. These cards can be used for: checking out books and using electronic databases at the Pace Library; paying for food or services rendered anywhere on the UWF campus; ID for campus events and offices; and usage of our Health, Leisure and Sports facility (with purchase of membership from the Recreation Department). To receive one of these handy cards call our office and we will mail you proof of membership. You will then take this proof of membership to the cashier's office in Bldg. 20E and pay for the card. Once you obtain a receipt, take both receipt and proof of membership to the Nautilus card office in Bldg. 20W to have your ID picture taken—you will then be issued your card. The Nautilus card office is open from 8:00am to 5:00pm, Monday-Friday, and can be reached at (850) 474-3324. If you have any questions or would like more detailed information, please call our office at (850) 474-3491.

UNIVERSITY CLASSES & SENIOR CITIZEN TUITION WAIVERS

Senior tuition fee waivers are available for regular UWF classes. Please call the registrar's office at (850) 474-2244 or visit <http://uwf.edu/registrar/senior.htm> for more information.

CLASS ATTENDANCE & CANCELLATION/REFUNDS

Class refunds are available **only if you contact us at (850) 474-3491 at least 24 hours prior to the class.** **If you register for a class and do not attend without notifying our office, no refund is available.** Please consider the instructors who volunteer their time and services to LLS. If there are 10 registered and only 5 show up, that is unfair to the instructor and embarrassing to LLS. Please keep this in mind when registering. Thank You!



News & Notes continued...

\$175 OPTION

Take as many classes as you want for only \$175..... If you want to register for this special deal, you must register through the office and not on-line. The on-line system will not allow you to register for the \$175 special. There are some **exceptions** to this offer: (1) Gulfarium (2) Delta Air Boat (3) Ghost Tour and Paranormal Boot Camp (4) PJC culinary luncheon

INSTRUCTORS NEEDED

Do you have a special interest that you can share with others? Do you have a background as a teacher or professor in a subject that might be of interest to others? Do you know of a business that is fascinating and that might be good to schedule a tour? Do you have a special talent you can share with others? Does your neighbor have a special interest or talent? Leisure Learning is always looking for something new to learn about – please share with us.....call: 474-3491.

BUDGET WOES

As everyone reading this knows, our economy is in dire straits. Florida is in a particularly bad financial state which directly affects the State University System Budget. The University of West Florida has to make extensive budget cuts this year and next; and as should be, the trim will come from programs that are not essential tasks of a university. A university's main purpose is, of course, to educate students and prepare them for life and careers. I am working on numerous ways to continue our program. I am in the process of submitting a grant and hopefully, that will come through and all will be well. In the meantime, if you would like to make a donation to the Leisure Learning Society, it would be most welcome and certainly appreciated. I hope our program is as important to you as you are to us. I know many of us are having trouble and I really want to keep the costs of participation down. Thanks for considering the possibilities. **You may send your check, made payable to the UWF Foundation and earmarked to the Leisure Learning Society, to: UWF Foundation, Inc. 11000 University Parkway, Pensacola, FL 32514**

CARPOOLS!!

With the cost of gas these days, when we have an activity out of town, we'll always try to set up carpools. If you have a van or just a car and are willing for people to ride with you, please let us know. Your passengers will be expected to pay their share of the gas©. If you need a ride, let us know: 474-3491.



News & Notes continued...

SPECIAL THANKS TO OUR CURRICULUM COUNCIL MEMBERS

Without our awesome curriculum council, we wouldn't have a Leisure Learning Society. These folks take their time and energy and spend it toward setting up our classes and activities each semester. Be sure and thank them when you see them. They do a truly amazing job!

Barbara Meloy

Bill & Phyllis Williams

Jack Dunn

Paul Goudy

Charlotte Schipman

Robert J. Robinson

Ev Grosse

Fred Levin

Sandy Affleck

CURRICULUM COUNCIL MEMBERS NEEDED!

Each semester, our Leisure Learning Society Curriculum Council gets together for 3 or 4 weeks a couple of months prior to the beginning of the semester and brainstorms ideas for the upcoming semester. Each member takes a few of the ideas and sets them up as an activity or a class. It's fun and easy and we always could use new ideas and fresh thoughts! If you are willing to join this awesome crew, please call the office at 474-3491.

LOCATIONS



Bayview Senior Citizens Center is located in East Hill at 2000 E. Lloyd Street, corner of 20th and Lloyd Street on Bayou Texar.

The **Bowden Building** is located in historic downtown Pensacola. The building is located on Church Street just off Tarragona St. behind the TT Wentworth Museum. It is a two-story building.

Azalea Trace is located at the end of Hillview Road. If you are on University Parkway, headed toward the University, you will turn right onto Hillview Road – go to the stop sign and turn left. Stay on this road until you see the to the Administration Information sign, then turn right into the parking lot.



News & Notes continued...

REGISTER ON-LINE

1. Go to the UWF main page: <http://uwf.edu>
2. Click on "Academics" in the left column.
3. Click on "Continuing Education" in the drop-down menu.
4. Click on "Recreational Learning" in the left column.
5. Click on "General Classes," or "Lunch N' Learn."
6. Choose the class that you wish to register for and click "add to shopping cart."
7. Here you will need to sign in. Most of you are signed into the system this way:
User id= First initial and last name *Note: If total less than 6 characters, add '1' at the end.
8. Password: Your password is your 7 digit phone number including the dash.
9. If you have credit, you will need to contact the office.

If you are unable to get in, please contact our office at (850) 474-3491. DO NOT create a new student profile just because you are unable to log-in; we can reset your password for you. If you are unsure if you have a profile, please just call our office and we will be more than glad to look up any information for you. We don't want to have duplicates in the system (please!)

Note: When you register (online or through mail) please provide your email address if we do not have one on file for you. This allows the system to send you a class registration confirmation automatically; otherwise you will not receive one. Please remember to renew your membership!

GIFT CERTIFICATES ARE A GREAT GIFT FOR FAMILY AND FRIENDS

Buy a Leisure Learning Society membership for friends or family. Makes a great stocking stuffer! We will mail an announcement to the recipient welcoming them to our group. Just \$20 opens up a whole new world of activities and socializing for those 55+. Just call the office and we'll take it from there.
474-3491

VOLUNTEERS NEEDED!

The University of West Florida hosts the Emerald Coast BEST Robotics hub, the only BEST hub in the State of Florida. (A hub is a local competition center.) Emerald Coast BEST will hold its third, annual robot competition in the Field House at the UWF Pensacola campus on Saturday, October 17, 2009.

Best Robotics Inc. is a non-profit, volunteer-based organization. Volunteers are needed to mentor teams, judge team performance at the competition event, and staff the crew that produces and manages the annual competition. You don't have to be an expert, engineer, or even know a thing about robotics. Training will be provided on the morning of the event.



News & Notes continued...

The mission of BEST is to inspire middle and high school students to pursue careers in engineering, science, and technology through participation in a sports-like, science- and engineering-based robotics competition. **It takes around 60 or 70 volunteers to run the competition.** We have quite a few volunteers that we can rely on already; but, need at least 30 more to ensure faster and fairer judging and provide production crew breaks as well. You don't have to be an expert, engineer, or even know a thing about robotics. Training will be provided on the morning of the event.

The schedule will look something like:

8:00 Doors Open – judge and referee training, teams arrive
9:00 Welcome ceremony
9:15 Game and judging starts
Noon – 1:00 Lunch
1:00 Game and judging resumes
3:30 Break for final score calculation
4:00 Award presentations
5:00 End of the show, - break down and haul off

Each student team has 6 weeks to design and build a microprocessor-based remote-controlled robot to solve a problem or perform a specific function. Students build their robots from a materials kit provided by the hub. Robots must be small enough to fit in a 24" x 24" x 24" cube, weigh no more than 24 lbs, and be built exclusively from parts in the materials kit. If you are interested in helping us produce this very lively and enjoyable event, please contact Mr. Bill Weber, email wweber@uwf.edu, or call 983-7506.

Volunteers Needed for Attention and Memory Studies

The Attention and Memory Lab (AML) seeks volunteers over the age of 60 to participate in a series of studies examining attention and memory processes across the lifespan. Each session lasts approximately one hour and participants will receive a \$10 gift card as compensation. For more information, contact Lisa VanWormer at Ext. 6217 or e-mail aml@uwf.edu. *See our two Leisure Learning Society memory classes: "Boosting Your Memory" (page#32) and "Updates on Dementia & Alzheimer's" (page#21).*

UWF Department of Art's Genius Loci Lecture Series "Contemporary Artistic Practice"

Art in today's world encompasses more than traditional paintings or carved stone monuments. Art now moves freely through all aspects of modern life. It touches each and every one of us personally, from the design of websites to walking paths in a park. By attending the Genius Loci lectures this fall, you will get acquainted with new forms of Art, and learn about the ways in which Art enriches our everyday lives. The final meeting will be an open discussion with Gina Cestaro about the previous three lectures; she will encourage you to reflect upon the new artistic forms you have encountered,



News & Notes continued...

and examine how they affect you and your community. We hope that this program will build long-lasting relationships with the Visual Arts, through an enhanced understanding and enjoyment of their many contemporary forms. These are **FREE and OPEN TO THE PUBLIC**

David Webber and Courtney Egan

Roundtable discussion, Thursday, September 3, 4-5pm

in conjunction with the UWF Gallery of Art Exhibition, "Projected Landscapes"

Building 82, UWF Art Gallery

Courtney Egan explores the digital world and how it interchanges easily with reality. David Webber is interested in Interactive Art, where the viewer plays a key role in the process. This roundtable discussion will introduce you to a very new and different form of artistic practice, and show you how artists have adapted traditional concepts of Art to a variety of new media. You will also be able to experience their work at the accompanying exhibition.

Sonya Blesofsky

Artist presentation and lecture, Thursday, October 8, 4-5pm

Building 82, Room 206

Sonya Blesofsky employs materials that are commonly found in everyday life, such as paper, aluminum foil, and tape. With these items, she creates fragile architectural structures, which, like today's urban world, can quickly fall apart and decay. Blesofsky will discuss her works of art, which so poignantly convey the sense of memory and loss, experiences that we all share.

Gina Cestaro

Presentation of Community Art Projects, Thursday, Nov 12, 4-5 pm

Building 82, UWF Art Gallery

Gina Cestaro is an artist who works extensively within her community, using Art as a means to empower individuals and groups. The focus of her lecture will be an adult literacy project that she directed last summer in partnership with Tuscon, AZ area libraries. Gina will also present other examples of artist-directed projects, which have received nationwide attention for their capacity to simultaneously teach, entertain, and draw communities together. Note: See Leisure Learning Exclusive MEMBERS ONLY presentation, on page 32 of catalog. This will be an overview of the Genius Loci Lecture Series.

ANNUAL MEMBERSHIP COST STARTING FALL SEMESTER INCREASES TO \$30 PER YEAR

This is still a really good deal – most programs similar to ours across the country charge well over \$100 for membership. We have no choice with the increases over the last few years in printing and postage and budget cuts on top of these.



LEISURE LEARNING SOCIETY GENERAL CLASSES

MONDAYS

DO YOU KNOW WHAT IS IN YOUR MEDICINE CABINET?

Location: Bayview Senior Citizens Center/ Classroom #1

Instructor: Suzanne Kelley

Date: Monday, September 21, 2009

Time: 9:00 – 11:00 am

Cost: \$10.00

Description:

By the end of this presentation, participants should be able to:

Explain the importance of Adverse Drug Effects.

Specify why Adverse Drug Effects can be more harmful in older adults.

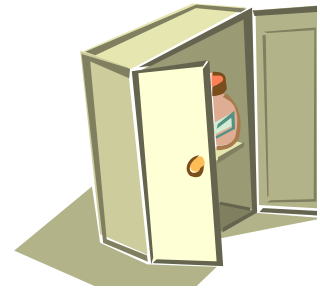
List five facts concerning the medicine cabinet.

Evaluate the interactions between drugs and grapefruit.

Formulate a medication disposal plan for your medications.

Describe what you can do to protect yourself with regards to your medications.

- **PLEASE BRING A BROWN BAG (WITH YOUR NAME ON IT) OF ANY DRUGS YOU HAVE IN YOU MEDICINE CABINET THAT OUR SPEAKER AND HER PHARMACY STUDENTS CAN EVALUATE FOR YOU!**



Suzanne serves as the Consultant Pharmacist for Covenant Hospice. She has been a pharmacist for over 27 years in Pensacola, FL. For the past 8 years, Suzanne has served as the president and CE Coordinator for *Escambia County Pharmacy Association*. She is an active member of the *Florida Pharmacy Association* where she has given numerous presentations at their CE conferences. Suzanne is also a member of the *American Society of Consultant Pharmacists* and the *American Society of Health System Pharmacists*.

WORLD RELIGION WITH A FOCUS ON ISLAM AND HINDUISM

Location: J. Earle Bowden Building/Classroom #1

Instructor: Dr. M. Lal Goel

Dates: Mondays, Sept. 21 & September 28, 2009 (2 Sessions)

Time: Monday 9:30-11:00 AM

Cost: \$10.00

Description: Back by popular demand, Dr. Goel will present 2 sessions:

1. World Religions: Islam is the second largest religion in numbers in the world. Founding of Islam; 5 Pillars of Islam; History of Expansion; Present Radical Trends; is there a clash of civilizations? Why Terrorism; American Response; How can we counter radicalism?

2. World Religions: Hinduism is the third largest religion in numbers in the world. An ancient continuing tradition; Oneness in godhead; Karma and re-incarnation; Vegetarianism; The female divinity in Hinduism; Sri Aurobindo and his vision for the future.



LANDSCAPING WITH EDIBLES

Location: The Extension Service, 3740 Stefani Road, Pensacola

Instructor: Beth Bolles

Date: Monday, September 21, 2009

Time: 10-11:30 AM

Cost: \$10.00

Description: This class will teach you how to grow your own edible plants as part of your landscape. You will also learn how to start and care for your plants and learn what grows well in our area.

Directions: From Pensacola Boulevard turn west on 9-Mile Road and then turn north on Stefani Road. The Extension Office is at the corner of 9-1/2 Mile Road and Stefani Road. : 475-5230



WHAT YOU NEED TO KNOW ABOUT HURRICANES

Location: J. Earle Bowden Building/Classroom #1

Instructor: Dr. Bill Williams

Date: Monday, September 21, 2009

Time: 1:00 - 3:00 PM

Cost: \$15.00

Description: Dr. Bill Williams, Director of Coastal Weather Research Center, University of South Alabama, will focus on how hurricanes form and why they become so strong. Despite being feared by residents from Maine to Texas, hurricanes have a key role to play in the earth's energy balance. Thus man must adjust to the hurricane threat. Knowledge of this magnificent weather system will make it possible to make better decisions when a hurricane approaches the coast. The structure of the hurricane will be revealed as well as the difficulty in destroying this enormous circulation. A review of the history of hurricane impacts in the United States will shed more light on the significance of recent events such as Ivan and Katrina. Hurricane research findings will be analyzed followed by a forecast of what to expect for the remainder of the hurricane season.



BASIC COMPUTERS – Microsoft Office Suite 2007

Location: UWF Bldg 37/Training Room

Instructor: Bob & Connie Works

Dates: Mondays, Sept. 21 – Nov. 16, 2009 (9 sessions)

Time: 5:00 PM – 6:00 PM

Cost: \$35.00

Description: This nine-week course will teach the fundamentals of the Microsoft Office 2007 Suite. The programs that will be covered are Word, Excel, and Outlook. Students will learn how to format a document in Word by changing fonts, adding emphasis (bold and underlining), creating tables, and page layouts. You will learn to create a spreadsheet in Excel using formulas such as adding, subtracting, multiplying, and division. Next, you will learn how to manage your e-mail account, send and receive text, documents, attachments, and pictures. We will cover how e-mail is used for phishing, spamming, and identity theft. The fundamentals of Windows such as managing files and the Internet will also be covered including security while surfing the Internet.





INTRODUCTION TO SPANISH CONVERSATION – BASIC GRAMMAR CONCEPTS EMPHASIS ON PRONOUNCIATION

Location: Bayview Senior Citizens Center/ Classroom # 1

Instructor: Selma P. Corbisiero

Dates: Mondays, September 28 to November 23, 2009 (**7 Sessions - No Class on October 19 and November 9**)

Time: 10:00 AM – 11:00 AM

Cost: \$25.00

Description: Using a unique set of props, you will learn to understand correct pronunciation, basic principles of grammar, learn the alphabet, greetings, songs, weather information, and time.

Instructor's Education information: Universidad de la Habana Ph.D. Old Dominion University - validated degree to Bachelor of Law at University of Florida, 1989 M.A. , taught Spanish for 8 years (off campus U.S. Naval Base, Guantanamo Bay, Cuba), for Old Dominion University, Fernandina Beach High School, Escambia High School (retired 1997), and Pensacola Junior College.

POETIC PROJECTIONS: FIGURE & METAPHOR

Location: J. Earle Bowden Building/Classroom #2

Instructor: Terry Prewitt

Date: Monday, September 28, 2009

Time: 1:00 pm – 2:30 pm

Cost: \$10.00

Description: In this power point lecture I will discuss the processes through which I produce my poetry and images, using the metaphors of "weaving" and "mythmaking" to depict both the technical and intellectual approaches to the two related art forms. As part of the lecture, I will provide examples of several different poetic forms and styles, as well as examples from the several collections of photographs and poems on which I'm currently working.

SOCIAL NETWORKING IN THE 21st CENTURY

Location: UWF Bldg 79/174 Computer Science

Instructor: Dr. Laura White

Date: Monday, September 28, 2009

Time: 2:30 PM – 3:45 PM

Cost: \$12.00

Description: Have you wondered who uses Facebook? UWF does, President Obama does, and hundreds of millions of people around the world do. With people, pages, groups and events, Facebook is for everyone. Learn why Facebook is so popular, and how it contributes toward social networking. Bring a photo of yourself or a photo of something (your pet) that conveys who you are on a CD, to post as you create your own Facebook profile in this course. Then connect with family and friends, create online photo albums from photos that you bring on CD. A brief introduction to Twitter will also be presented so that if you wish, you will be tweeting by the end of class. Come and learn the lingo and what it is all about - even the news stations, not to mention your kids and grandkids are all using it - don't be left out!



WHAT YOU SHOULD KNOW ABOUT RETIREMENT RISKS AND MARKET VOLATILITY

Location: J. Earle Bowden Building/Classroom #2

Instructor: Patrick Broadus

Dates: Mondays, October 5, 12 & 19, 2009 (3 sessions)

Time: 10:00 AM - 11:00 AM

Cost: \$20.00

Description: Inflation, market downturns, when you retire and how long you spend in retirement are all factors that can impact your ability to sustain retirement income. This presentation will help you understand the factors that lead to retirement income shortfall and how variable annuities can help mitigate them. Learn how VA's can help complement an existing retirement portfolio.

Most important Financial Goals for Boomers*:

85% Ensuring that I have an income for life

84% Having the ability to cover health care costs.

83% Protecting assets -- ensure against loss.

82% Providing a steady income during retirement

81% Continuing to grow the assets I currently have

* Ratings based on top two boxes: Extremely Important and Very Important - America Speaks Out on Retirement: 2007 Investor Research Study conducted by Harris Interactive.



WEAR CHANNEL 3 TOUR

Location: 4990 Mobile Highway, Pensacola, FL

Instructor: Jamie Manning

Date: Monday, October 05, 2009

Time: 10:30 AM – 11:30 AM

Cost: \$10.00

Description: Today's tour of Channel 3 WEAR will include a tour of the Control Room, a tour of the Production Room and Dayside with Sue Straughn.

Directions: Drive west from Pensacola on Highway 90 past Fairfield and past the WalMart Super Center. WEAR-TV is on the north side of the highway.

GULFARIUM

Location: Gulfarium, 1010 Miracle Strip Parkway

Instructor: Mardi McDaniel

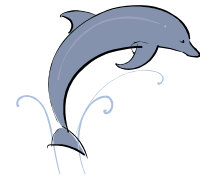
Date: Monday, October 12, 2009

Time: 9:45 AM - 2:00 PM

Cost: \$25.00 (Not available for the \$175.00 option!)

Description: Join Leisure Learning as we visit Florida's Gulfarium, which has been open since 1955 and is home to the oldest marine show in the world. A favorite attraction for all ages is the live touch pool, which is filled with gentle sea creatures that are safe to pick up and hold. The Gulfarium is also home to the only two Pantropical Spotted Dolphins in captivity in the world! The main attractions are the 3 live marine shows. The series begins with the famous top deck Dolphin Show, featuring their trained bottlenose Dolphins performing in the main tank. Following this is a kid's favorite, the Sea Lion Show. Prepare to laugh, as these animals always keep our trainers on their toes. Rounding out the program of shows is their MSP Show, with Bottlenose Dolphins and a California Sea Lion performing side-by-side. Don't forget to check out our shark, penguin and otter feed demonstrations between the shows!

Directions: Take ramp onto I-10 (I-10/Tallahassee). At exit 22, turn Right onto Ramp (SR-281/Milton/Gulf Breeze). Take Ramp (Right) onto SR-281 (Avalon Blvd), Turn Left (East) onto US-98 (Gulf Breeze Pkwy).





TOUR OF PORTOFINO

Location: Portofino Island Resort, 10 Portofino Dr. Pensacola Beach , FL 850-916-3446

Instructor:

Date: Monday, October 12, 2009

Time: 10:30AM – 1:30 PM

Cost: \$20.00

Description: Portofino Island is situated on 28 beautiful acres in Pensacola Beach between the emerald waters of the Gulf of Mexico and the gentle shores of Santa Rosa Bay. It is also adjacent to the pristine National Seashore state park. Its supreme location makes it the ultimate Gulf Coast getaway and Pensacola's premier resort destination. Featuring more than 300 two and three-bedroom luxury accommodations, the upscale, full-service resort offers premium amenities, Southern hospitality and a superb gulf and bay front location. Each deluxe accommodation features the modern conveniences of a tower residence and stunning water views. You will have the opportunity to get a full tour of Portofino Island. It will include a little history and fun facts of the Resort and buildings The tour will include a 2BB and 3BB sky home, followed by lunch in the beautiful open air "Terrazzo Grill Restaurant" by the pool .After lunch, join us for a 30-40 min ride on our Portofino I catamaran on the Santa Rosa Sound (weather permitting). The Portofino I is a 63' catamaran that offers daily ferry service along the scenic coast of the Gulf Islands National Seashore to the Portofino Boardwalk. The boardwalk is a popular landmark where you can enjoy a taste of local life that includes shopping, dining and live entertainment.

Directions: East on via Deluna from Pensacola Beach – Portofino will be on your left (5 very tall buildings.)

DIAMONDS IN THE ATTIC: AMERICAN BRILLIANT CUT GLASS

Location: J. Earle Bowden Building/Classroom #2

Instructor: Ellaine Wilson

Date: Monday, October 12, 2009

Time: 1:00 PM – 2:30 PM

Cost: \$10.00

Description: American Brilliant Cut Glass is a very unique art form which resulted in some of the best cut glass ever produced. The glass was produced for a very short period of time 1876-1916. This course will discuss the history of American Brilliant Cut Glass and will reference significant events occurring in the world that influenced the production of this glass and that made it such a significant contribution from the Victorian period. Participants in this class will learn how to identify American Brilliant Glass. They will learn how to determine which pieces are the best quality and how to evaluate any glass that they might have in their own cabinets at home. The class will conclude "with a hands-on demonstration" using pieces of glass from this period and will teach participants tricks that they need to use when they are buying glass on their own. Everyone is encouraged to bring their own examples of cut glass for discussion in the hands-on demonstration.

TOUR OF U.S. EPA ECOLOGY DIVISION

Location: 1 Sabine Island Drive, Gulf Breeze, Florida 32561-5299

Instructor: Steve Jordan

Date: Monday, October 19, 2006

Time: 2:00 PM. - 3:30 PM

Cost: \$10.00

Description: Visit this U.S. governmental agency which employs approximately 65 federal and 60 non-federal staff, and occupies three major research laboratories and support buildings. You will be able to



visit with some of the scientific staff who have been conducting research to understand the effects of environmental stressors on coastal ecosystems since 1970, when EPA was established by Congress.
Directions: On Sabine Island off Fort Pickens Road on Pensacola Beach Follow Route US98 east from Pensacola to Pensacola Beach. Cross the Pensacola Bay Bridge, pass through Gulf Breeze; get into right lane as you pass the school and overhead walkway. Follow the sign to Pensacola Beach, proceed over the 1-mile toll bridge, have \$1 toll ready as you pass through toll gate; turn right onto Fort Pickens Road; continue for 1.2 miles to the Villa Sabine subdivision (on right); turn right at Villa Sabine and continue for .6 of a mile; turn left at the EPA sign on the corner of Sabine Drive and Narvaez; proceed over the causeway to Sabine Island; stop and register at the Guard facility where you will be directed to parking lot and Building 65 (Administration). Have photo id ready, in case you are asked to provide identification.

ETHICAL WILLS

Location: J. Earle Bowden Building/ Classroom #2

Instructor: Dr. Paula Montgomery

Date: Monday, October 26, 2009

Time: 11:00 AM - 12:00 PM

Cost: \$10.00

Description: Sometimes the most valuable gift we can leave for loved ones is the treasure of our memories, stories, and values. The modern day version of the ancient tradition of passing on personal values, beliefs, blessings, and advice to friends and family is the writing of an ethical will. This class will start you on the path of recording, preserving, and passing along the wisdom you have reached in your life's journey. Paula Montgomery is a physician, board certified in Family Practice, Geriatrics, and Hospice and Palliative medicine, and also a certified Ethical Wills instructor.

TOUR OF AZALEA TRACE

Location: Azalea Trace

Instructor: Shirley Lawing

Date: Monday, October 26, 2009

Time: 2:00 PM – 3:00 PM

Cost: \$10.00

Description: Azalea Trace, a leader in lifecare for over twenty-five years, offers today's healthy, independent adults a varied, rewarding lifestyle with outstanding amenities and countless services. Azalea Trace is a truly beautiful community that combines the benefits of lifecare and the companionship of people who share an interest in maintaining an independent lifestyle complete with physical and financial security. But, there's nothing like seeing for yourself what makes Azalea Trace so rewarding and truly unique. Refreshments will be served.

WHITING FIELD – THE NATION'S BUSIEST AIR COMPLEX IN THE WORLD

Location: Whiting Field

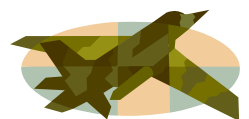
Instructor: Lori Apprilliano

Date: Monday, November 2, 2009

Time: 9:30 AM – 12:30 PM

Cost: \$10.00

Description: Get out to Milton and see Naval Air Station Whiting Field, the busiest naval air complex in the world! Naval Air Station Whiting Field has it all; helicopters, propeller planes, air traffic control towers, fire department and emergency rescue services, and a massive support team handling everything from





simulators and night vision trainers to aircraft repair and maintenance. There is no typical day at Naval Air Station Whiting Field and as result, there is no typical tour. One can expect to see plenty of aircraft flying overhead and taking off; however, depending on availability, tours of the TH-57 and T-34 simulators, night vision lab, air traffic control towers, and the flight lines are all extremely interesting and informative. Whatever you do, you will be greeted by friendly and knowledgeable professionals. End your day with lunch at the Wing's Club with the \$7.00 "all you can eat buffet" or select from the menu.

Directions: I-10 to Avalon Blvd go North to Milton, it dead ends at Hwy 90. Go right, past 4 lights to Hwy 87. Go left (North) about 10miles, turn right at the light into Whiting Field. You will be notified where to meet.

SNOEZELLEN CENTER

Location: Escambia Westgate School, 10050 Ashton Brosnaham Rd

Instructor: Susan Berry

Date: Monday, November 2, 2009

Time: 9:00 AM - 11:00 AM

Cost: \$10.00

Description: The Westgate Complex has over 200 students with sensory, physical and mental disabilities in the most severe range. Principal Susan Berry will guide us through a live tour of the advanced Snoezelen facility during a normal school morning there. The facility was designed specifically for children with profound and multiple handicaps, but has been used in the treatment of behavior disorders, Alzheimer's disease, and the severely emotionally disturbed. The Snoezelen facility is designed to stimulate all the patients' senses through a variety of techniques, and has been shown effective as a tool for rehabilitation.

Directions: Take the Davis exit on I-10. Turn right onto Davis Hwy. Turn left onto University Pkwy. Turn Left onto 9 Mile Road. Turn right when you reach Chemstrand Rd. Turn left at 10 Mile Road. Turn right onto Ashton Brosnaham Road. The school will be on your right.

STRESS MANAGEMENT & RELAXATION THERAPY FOR STRESSFUL TIMES

Location: J. Earle Bowden Bldg/classroom #2

Instructor: Dr. Norma Whittemore

Dates: Mondays, November 2 & November 9, 2009 (2 Sessions)

Time: 10:00 AM -11:00 AM

Cost: Dr. Whittemore is offering this class to you free of charge!

Description: Many, many, Stress Management and Relaxation Therapy techniques will be offered. This class will be helpful to all whether you have taken stress management classes before or not! The techniques will offer something for everyone. No special equipment or supplies are needed – just bring yourself!

CREATIVE APPROACHES TO EVERYDAY LIFE

Location: J. Earle Bowden Building /Classroom # 2

Instructor: Dr. Bill Silhan

Date: Monday, November 9, 2009

Time: 1:00 PM – 2:30 PM

Cost: \$10.00

Description: Dr. Silhan holds a doctorate from Ball State University and a B.A., B.F.A, and a M.A. from the University of Illinois. He has recently retired as a Professor of Art after teaching 35 years at the University of West Florida. Dr. Bill Silhan will demonstrate and share results from significant research



studies about creativity topology. Find out what creative type you are and the implications of that with respect to the creative process, lifestyle, and creative problem solving.

TUESDAYS

PENSACOLA'S RICH 450 YEAR HISTORY

Location: J. Earle Bowden Building/Classroom #2

Instructor: John Appleyard

Dates: Tuesday, September 22, to November 17, 2009, 8 sessions (No class on Oct.6th)

Time: 9:00 AM – 10:00 AM

Cost: \$35.00

Description: John Appleyard is one of the most knowledgeable people on Pensacola's rich history. Come and learn about The DeLuna expedition, the Spanish-French confrontation, the British period, the Final Spanish period, the early American period, the Civil War and Pensacola, Native Americans in Pensacola and the evolution of local government.

PMA: ART OF AFRICA: OBJECTS FROM THE COLLECTION OF WARREN ROBBINS

Location: Pensacola Museum of Art, 407 South Jefferson St. 432-6247

Instructor: Jenny Campbell

Date: Tuesday, September 22, 2009

Time: 11:00 AM – 12:00 Noon

Cost: \$10.00

Description: This exhibition contains over 80 objects from the African continent, including sculpture, textiles, beaded clothing and jewelry, and represents the creative diversity of over 30 cultures in sub-Saharan Africa. The collection is on loan from the Robbins Center for Cross Cultural Communication in Washington, DC. Robbins is also a founder and director emeritus of the Smithsonian's National Museum of African Art.



LIVING WILLS AND ADVANCED DIRECTIVES MADE SIMPLE WITH OUR FIVE WISHES

Location: Bayview Senior Citizens Center/Classroom #1

Instructor: Sally Cary. MBA, MHM

Date: Tuesday, September 22, 2009

Time: 1:00 PM to 3:00 PM

Cost: \$10.00

Description: In this presentation, participants will be able to:

- 1) Learn about Advanced Directives and Living Wills and what they are. We will be providing our "Five Wishes" document and education which is a free living will form that we will educate the participants about.
- 2) Learn about the difference between a Health Care Surrogate or Proxy and a Durable Power of Attorney
- 3) Learn about "DNAR" and "DNRO" and their implications.
- 4) Address any questions.



MY STROKE OF INSIGHT



Location: Azalea Trace Auditorium

Instructor: Gerry Eddy

Date: Tuesday, September 22, 2009

Time: 2:00 PM – 3:30 PM

Cost: \$10.00

Description: At the age of 37, Dr. Jill Bolte Taylor, Ph.D., a Harvard neuroscientist and researcher, suffered a massive left hemisphere stroke which left her paralyzed and without the ability to speak or understand language or numbers. She has written a detailed description of her extraordinary experience and of her eight-year fight to recover full normal functioning in her book, “**My Stroke of Insight.**” As her logical, organized left brain was progressively disabled by hemorrhaging, she found that her perceptions of herself and her relationship to the world around her were drastically and permanently changed. In this session we will view excerpts from podcast interviews with Oprah Winfrey which will allow us to follow Dr. Taylor's riveting account of how a life-threatening stroke led her to life-enhancing insights and inner peace. This "right brain consciousness" is available to us all, according to Dr. Taylor. She also offers suggestions of how we can better understand and assist friends and relatives who have become cognitively impaired, but still are absorbing much more from our body language and attitudes than we think.

JAZZ GOES DANCING: HITS A TRIPLE!



Location: Azalea Trace Auditorium

Instructor: Joe Occhipinti

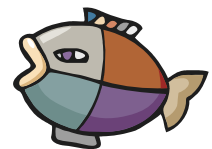
Dates: Tuesdays: 3 Sessions: September 29 to October 13, 2009

Time: 9:30 – 11:00am

Cost: \$30.00

Description: BACK BY POPULAR DEMAND! Joe Occhipinti (pronounced okky-PIN-tee), saxophonist, bandleader and musical booking agent, will lead **3**, one and one-half hour musically illustrated talks about the evolution of American music including jazz, dance, and popular music. He will bring a small musical group to perform examples of how American music evolved over the years, especially since 1900. Joe O. has been a full-time musical performer in Pensacola since 1967. He leads a big band and a jazz ensemble. In addition, he books musical groups for weddings, parties, dances, and other celebratory events. He also has put together a Swing Dance Team! He is a founder of the jazz society of Pensacola and the Pensacola Jazz Fest. He has led music education groups in schools for adult groups such as Elderhostel.

TOUR OF JOE PATTI'S SEAFOOD



Location: Joe Patti's Seafood, 524 South “B” Street, Pensacola, FL

Instructor: Perry Baniakas

Date: Tuesday, September 29, 2009

Course: 9:30 AM – 11:00 AM

Cost: \$10.00

Description: Many residents of Pensacola have had the opportunity to browse and shop at Joe Patti Seafood at Main and ‘B’ Street. This tour will give us an historical perspective of the fishing industry of Pensacola and will take us behind the scenes and into the back rooms of a local seafood plant. We will have the opportunity of seeing fish being processed, the tons of ice made daily, and we will visit the cutting room where experts display how fish is cut up. We will also be introduced to some of the newest dips on the market, visit Anna's Wine Shop, and have a pleasant, memorable and reasonably priced lunch (on your own) at Joe Patti Deli, which opens at 11:00 a.m.



Directions: Go south on Palafox Street and turn right (west) on Main Street to “B” Street. Joe Patti Seafood is on the left.

CREATIVE PATH WITH ROCK HARD DESIGNS

Location: Rock Hard Designs, 16 N. Palafox Street, Pensacola, FL

Instructor: Rocky Hard

Date: Tuesday, September 29, 2009

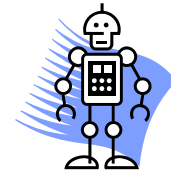
Time: 1:00 AM – 2:00 PM

Cost: \$10.00

Description: Seeing in the Dark or finding ones way on the creative path along the extraordinary road of sacred geometry, myth and discovery. I may be a human electroencephalograph.

Directions: Rock Hard is in the block just north of Garden Street on the east side of the divided Palafox Street, downtown Pensacola. Ample parking is available along Palafox Street.

EMERALD COAST BEST ROBOTICS



Location: UWF Bldg 70/100

Instructor: Bill Weber

Date: Tuesday, September 29, 2009

Time: 3:00 PM – 4:00 PM

Cost: \$5.00

Description: If you think you might want to volunteer to help staff the Emerald Coast BEST Robotics Competition event or if you would simply enjoy seeing pictures of young people participating in a couple of very lively, colorful, and wholesome events, please come to this presentation. He will explain how the BEST program operates and what goes on at the Competition event, with lots of photographs.

BEST Robotics Inc. is a non-profit, volunteer-based organization that is focused on encouraging middle and high school students to pursue careers in Science, Technology, Engineering and Math via participation in a yearly robot competition. The University of West Florida hosts the Emerald Coast BEST competition hub which will hold its third, annual competition in the Field House at the UWF Pensacola campus on Saturday, October 17, 2009. Teams are judged on the quality of their robot performance, project notebook, presentation, educational display, and spirit and sportsmanship. (Participants learn skills that are transferable to all career pursuits.) Twenty-Five teams from Florida panhandle schools will participate in the 2009 competition, which will fill the field house to its capacity. **SEE NEWS & NOTES FOR MORE INFORMATION ABOUT THIS!**

ALL ABOUT GOURDS



Location: J. Earle Bowden Building/Classroom #2

Instructor: Dr. H. V. Lundy,

Date: Tuesday, October 6, 2009

Time: 10:00 AM- 11:30 AM

Cost: \$10.00

Description: Dr. Lundy, a retired Veterinarian and Master Gardener, has grown all types of blueberries, gourds, figs, & pecans on his family’s home place in the Allentown Community in Santa Rosa County. This course will concentrate on a variety of gourds and what he has made out of them. After cleaning them, some are then painted, some are carved, and others are stained and burned. Come see all the interesting objects that can come from gourds.



POLITICS OF NUCLEAR DEVELOPMENT IN NORTH KOREA

Location: J. Earle Bowden Building/Classroom#2

Instructor: Dr. Jonjseok Woo

Date: Tuesday, October 6, 2009

Time: 1:00 PM - 2:30 PM

Cost: \$10.00

Description: In this class Dr. Woo discusses North Korea's attempt to obtain nuclear technologies since the early 1990s. The class will focus on the domestic political conditions of the country, as well as international security contexts that drove Kim Il-sung and Kim Jung-il to pursue nuclear weapons. More specifically, we will look at how the structural change of the end of the Cold War in the late 1980s shaped North Korea's security position in international politics. We will also discuss how the domestic political situations of the country (economic difficulties, generational and leadership changes, civil-military relations, etc.) sculpted the two Kims' foreign and security policies. In conclusion, we will discuss some available policy options for the United States and her allies to solve the current security crisis in North Korea. Jongseok Woo is an Assistant Professor in the Department of Government at the University of West Florida.

DELTA AIRBOAT EXPRESS

Location: 3733 Battleship Parkway, Spanish Fort, AL

Instructor: Captain Geoff Woodliff

Dates: **Tuesdays,** October 06, 2009 **OR** October 20, 2009 (Both will have two sessions to choose from - for a total of 4 sessions to choose from (limit of 6 people per session))

Time: 1:30 PM - 2:30 PM **OR** 2:30 PM - 3:30 PM

Cost: \$ 45.00 (Not included in \$175 option)

Description: Captain Geoff's boating experience has taken him to the Bahamas, Florida Keys, Gulf of Mexico, Persian Gulf, coastal North Carolina, California and also numerous inland US rivers and lakes. A certified lifeguard, scuba instructor, airplane pilot, USPA Tandem Skydiving Instructor, US Army Retired, and a certified US Coastguard Captain are among his resume.

Your tour will start from the original Oyster House located on Battleship Parkway, also known as the Causeway. Our airboats are designed to offer a smooth ride. Our boats are equipped with stadium seating that will comfortably seat six guests and provide ample room for a spectacular view by all. We provide life vests, hearing protection, sun block, water, education and FUN. We suggest you bring binoculars and sun glasses. Cameras and video equipment are at your own risk due to light spray. Registration is limited. While on your Delta Airboat Express adventure you will experience area wildlife at its finest with our knowledgeable and entertaining U.S. Coast Guard certified captain.

You may have the opportunity to witness cypress-gum swamps, tidal brackish water marshes, bottomland forests, submersed grassbeds, and mesic floodplain forests. While touring the Tensaw Delta it is even possible to witness one of several rare and endangered species in its natural habitat. Over 300 species of birds have been recorded from the Mobile-Tensaw River Delta, including at least 110 species which use the region as nesting habitat. Other animals of the area include: 126 species of fish • Approximately 40 different species of mammals • 69 species of amphibians • Over 500 species of plants.

Directions: Take I 10 West toward Mobile - Merge onto US-90 W/AL-16W/ AL-42W/Battleship Parkway/Cochrane Bridge via exit 35 toward Daphne-Fairhope/Spanish Fort. - End at 3733A Battleship Pkwy Spanish Fort, AL 36527. Park at the Oyster House



BIRDBANDING



Location: Fort Morgan State Historical Park

Instructor: Bob Sargent

Date: Tuesday, October 13, 2008

Time: 9:00 am (or as early as you want) The drive from Pensacola is about two hours, and the staff arrives in the very early morning.

Cost: \$10.00

Description: Field trip to Fort Morgan to observe many species of birds during their fall migration south. We will have the opportunity to see the experts catching birds, taking them to a large tent, and banding the birds prior to their release. This is a two-week operation during which they catch any of the 90-bird species including hummingbirds, 27 species of warblers, and 5 species of vireos, and many other birds heading to Mexico or Central and South America for the winter. Depending on the health of the birds, we may have our picture taken releasing a bird.

Directions: Directions to Fort Morgan bird banding: take Highway 59 south into Gulf Shores and turn west on Highway 180 (called Fort Morgan highway) for eighteen (18) miles, go past the seawall immediately, you then have 30 or so more yards to park. Take the brick path through the cattle gate and the bird banding group will already be there working.

Supplies Students Should Bring: Sunscreen, insect repellent, a good camera and binoculars. Also, feel free to bring a portable, folding chair as all the seating at the site is reserved for the bird banding crew.

IHMC: LATEST RESEARCH TOPICS

Location: Institute for Human and Machine Cognition

Instructors: Nate Blaylock, Robert Hoffman, Pat Hayes

Dates: Tuesdays, October 20 – November 3, 2009 (3 Sessions)

Time: 1:00 to 2:00 pm

Cost: \$25.00

Description: The Institute for Human and Machine Cognition (IHMC) is an internationally acclaimed research facility. Three of their best will present their research to you.

Oct. 20th - Nate Blaylock will present: In the future, people will be able to forgo a keyboard and mouse and talk to their computers like they would a human assistant. We will discuss the goal of human-computer interaction through language and some of the reasons that language is so hard for computers to understand.

Oct 27th- Robert Hoffman will present: "When wisdom walks out the door." This class will discuss the problem of eliciting the knowledge of experts from perspectives of experimental psychology. In complex socio-technical workplaces, knowledge and skills are an increasingly important asset. The elicitation and preservation of knowledge resources is a concern for all organizations.

Nov. 3rd - Pat Hayes will present: "Time" is one of the most obvious things in life, yet also one of the most mysterious. This talk is a historical review of the idea of time and how mankind has measured time, focusing on the history of the mechanical clock and illustrated by some of the antique clocks from my own collection. Finally, he will explain how time is still a mystery at the very heart of contemporary physics, and continues to foil our best efforts to make computers think.



PMA: JOHN JAMES AUDUBON: BIRDS OF AMERICA



Location: Pensacola Museum of Art, 407 South Jefferson St. 432-6247

Instructor: Jenny Campbell

Date: Tuesday, October 20, 2009

Time: 11:00 AM – 12:00 Noon

Cost: \$10.00

Description: This exhibition will include approximately 40 prints from John James Audubon's *Birds of America*. Audubon's attempts to document all of the bird species of North America resulted in an artistically masterful rendering of 435 life-size prints, which together make up the *Birds of America* collection. The collection is still a standard against which 20th and 21st bird artists are measured. Throughout his lifetime, Audubon explored the natural history of much of the central and eastern United States, painting almost 500 species of the 700 or so North American species. This exhibition contains original signed engravings and watercolor facsimiles from the New York Historic Society. This exhibition is from Joel Oppenheimer Natural History Gallery, Chicago, Illinois.

PMA: EARTH ELEMENTS – VARIOUS ARTISTS

Location: Pensacola Museum of Art, 407 South Jefferson St. 432-6247

Instructor: Jenny Campbell

Date: Tuesday, October 20, 2009

Time: 3:00 PM – 4:00 PM

Cost: \$10.00

Description: An earth-inspiring showcase of artwork by Southern Florida native artists Melani Kane Brewer, Pam Moody and Maya Schonenberger, including fiber works, ceramics and jewelry. Each artist interprets nature in Florida using individualized twists on traditional media.

NEW & IMPROVED HUBBLE SPACE TELESCOPE

Location: Azalea Trace Auditorium

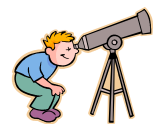
Instructor: Jack Dunn

Dates: Tuesdays, November 3 & 10, 2009 (2 Sessions)

Time: 3:00 PM - 4:30 PM

Cost: \$20.00

Description: The Hubble Space Telescope recently underwent a major in-orbit upgrade. It is expected to be operational in September 2009. In this course we will discuss the history of the Hubble, its problems, major accomplishments, and its potential for future discoveries. We will also discuss other in-orbit telescopes and modern land-based telescopes. This course will be presented by Jack Dunn who was the Chief Project Coordinator for the Hubble during the design, build, and test phases of the many subassemblies, black boxes, software, pointing controls that went into the assembly of the Hubble. He also supported the final assembly test, and launch of the Hubble Space Telescope.





WEDNESDAYS

UPDATES ON DEMENTIA AND ALZHEIMER'S

Location: Bayview Senior Citizens Center/classroom #1

Instructor: Andre Hall

Date: Wednesday, September 23, 2009

Cost: \$10.00

Time: 9:00 AM - 10:30 AM

Description: Andre Hall is the Community Educator with Covenant Hospice in Pensacola, FL. Background in Behavioral Health Management, Marketing and Assessment. Member of *National Association of Geriatric Care Manager*.

Objectives: By the end of this presentation, participants should be able to explain how to identify the 3 most common dementias and why it is important to differentiate between them; Discuss how to know when the patient has reached the terminal stage; List several behavioral techniques that are helpful with ADRD patients; Describe how Alzheimer's Disease differs from normal aging; The audience will be updated on the latest research regarding Alzheimer's Disease treatment, diagnosis and research. SEE NEWS & NOTES (page #6) for an opportunity to participate in attention and memory studies and receive a \$10 gift card (for those 60 and older)!

YOUR MEMOIRS ARE IMPORTANT

Location: Bob and Faye Robinson's home (near Airport and Davis)

Instructor: Bob Robinson

Dates: Wednesdays, from Sept. 23 through Nov. 4, 2009 (7 sessions)

Time: 10:00 AM to 11:30 AM

Cost: \$25.00

Description: Writing your memoirs is fun! Our little group shares their amazing stories with humor and joy, and we help you get going and keep going. It is important to share your life with others - after all, these are unique times in history and you have lived them and contributed to them. Even if you simply share your story with our group, you will find it a valuable experience - but don't forget family and friends, including generations to come. They will thank you for it!

Come join this small band of amateurs who have been writing and exploring for some time and who delight in helping you get going. We meet weekly to read and discuss our writing, our insights, and our motivations. No criticisms, no cranky comments, just encouragement and fun. We'll give you directions to Bob & Faye's home when you register.

BUTTERFLY GARDENING

Location: Garden Gate, 3628 Fordham Parkway, Gulf Breeze, FL 32563

Instructor: Carole Simpson at the Garden Gate

Date: Wednesday, September 23, 2009

Time: 10:30 - 11:30am

Cost: \$10.00

Description: Butterfly gardening is the most rewarding type of gardening and has long been our favorite! Something is always blooming in a butterfly garden with beautiful butterflies floating above. Every stage of the life cycle of these colorful insets is fascinating, from egg to caterpillar, caterpillar to chrysalis, and finally the emergence of the brand new butterfly. Butterfly gardens can be any size, even a container on a deck. If you are interested in adding butterfly gardening to your landscape, please join us for this class.





Directions: Take Highway 98 across the three-mile bridge into and through Gulf Breeze and then continue east on Hwy 98. Garden Gate is located at 3628 Fordham Parkway in the Tiger Point area at the corner of Hwy 98 and College Parkway. Call 932-9066 for additional directions, if necessary.

COMMON MYTHS AND FACINATING FACTS ABOUT MORMONS

Location: Pensacola Chapel (The Church of Jesus Christ of Latter-day Saints) 850-232-4345

Instructor: Jeffrey M. Bradshaw, Ph.D.

Dates: Wednesdays, Sept. 23-Nov. 18. (No class on Oct. 21) (8 sessions)

Time: 2:00 PM - 3:30 PM

Cost: \$35.00

Description: What do you know about the Mormons? Would you like to know more? Here is a unique opportunity to explore firsthand the common myths and fascinating facts about one of the largest growing Christian churches in America. Jeff Bradshaw – research scientist, father of four, lay Church leader, and sixth generation Mormon — will lead a guided tour of the history, beliefs, and practices of The Church of Jesus Christ of Latter-day Saints. Get honest firsthand answers to such questions as the following: Why were the early Mormons persecuted, and why do prejudices and misunderstandings sometimes persist today? Why did the early Mormons have more than one wife? Through lively and frank discussions of these kinds of questions and your own, you will better understand both the common Christian heritage and the distinctive differences that are key to the spiritual appeal of the Mormon message. **Directions:** 5673 N. 9th Avenue (across from PJC)

THE NATURE OF BARRIER ISLANDS – A WALKING TOUR

Location: Santa Rosa Island

Instructor: Richard Snyder

Date: Wednesday, September 30, 2009

Time: 9-10:30 am

Cost: \$10.00

Description: Barrier islands are sandbars paralleling the coastline, formed by the dynamic forces of wind and water, often gradually, but sometimes dramatically, during major storms. Conditions for living things on the islands are harsh and desert-like. Physically unstable, little fresh water, salt, intense heat and solar radiation combine to limit plants and animals to those adapted and able to survive. Some species are found nowhere else on earth. This field class will involve about a 1-mile hike across Santa Rosa Island, from Gulf of Mexico to Santa Rosa Sound, to explore the various types of habitats and inhabitants of the barrier island. Unique species and forces that control where and how they live will be highlighted. Comfortable shoes, hat/sunscreen, and water are recommended. A basic description of the area can be found here: <http://uwf.edu/rsnyder/ffnwf/barrier/barrier.html>

Directions: We will meet on Santa Rosa Island, Escambia County bath house parking lot, East past Portifino on the right.



BACKYARD BIRDING BASICS

Location: Garden Gate, 3628 Fordham Parkway, Gulf Breeze, FL 32563

Instructor: Carole Simpson

Date: Wednesday, September 30, 2009

Time: 10:30 AM – 11:30 AM

Cost: \$10.00

Description: We love the fun of having birds around the backyard! This class will tell you how to attract birds to your landscape and how to identify them as they arrive. Habitat for birds includes shelter, water and food. We will discuss which birds will come to feeders and the type of seed or other food they prefer.

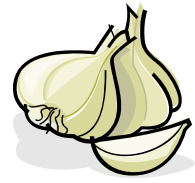




We will talk about which birds will use birdhouses and which ones use trees, shrubs or other housing. We will tell you how to site your feeders, give you information on deterring squirrels and undesirable birds as well as other tips for successful backyard birding. Our new bird shop will be open and the new bird garden will be in place and growing by this class.

Directions: Take Highway 98 across the three-mile bridge into and through Gulf Breeze and then continue east on Hwy 98. Garden Gate is located at 3628 Fordham Parkway in the Tiger Point area at the corner of Hwy 98 and College Parkway. Call 932-9066 for additional directions, if necessary.

HERB GARDENING



Location: Garden Gate, 3628 Fordham Parkway, Gulf Breeze, FL 32563

Instructor: Carole Simpson

Date: Wednesday, October 07, 2009

Time: 10:30 AM – 11:30 AM

Cost: \$10.00

Description: Herbs add an extra dimension to gardening. These useful plants enhance our lives with their fragrance, enliven our food with their taste, remedy illness and even repel insects. You will learn which herbs grow well in our area, their uses and how to grow them. Class includes some interesting recipes.

Directions: Take Highway 98 across the three-mile bridge into and through Gulf Breeze, then continue east on Hwy 98. Garden Gate is located at 3628 Fordham Parkway in the Tiger Point area at the corner of Hwy 98 and College Parkway. Call 932-9066 for additional directions, if necessary.

GREAT SPEECHES IN AMERICAN HISTORY

Location: Azalea Trace Auditorium

Instructor: Dr. Victor Sapio

Dates: Wednesdays Oct 7, 14, 21, 2009 (3 sessions)

Time: 10:00 AM -11:15 AM

Cost: \$25.00

Description: Dr. Sapio will guide us through speeches critical to the maturation of our American history. Beginning with Jefferson's first inaugural he will help us understand the context and the impact of each speech, and see how it impacts our present world. He plans (subject to change) to discuss two speeches per day -- to include Lincoln's 2nd inaugural; FDR's first inaugural, conflated with a speech he gave a few days later, known as the Rendezvous with Destiny speech; John F Kennedy's first; and, to break the pattern Martin Luther King's "I Have a Dream" speech, and more. Participants will be given the titles in advance so they may read them if desired. Vic's classes always generate lots of interchange, and this will be no exception

LUNCHEON AT PJC CENTER FOR CULINARY AND HOSPITALITY MANAGEMENT

Location: PJC Center for Culinary and Hospitality Management, 1000 College Blvd, Pensacola, FL

Instructor: Jan Vantrease

Date: Wednesday, October 7, 2009

Time: 11:50 AM – 12:45 PM

Cost: \$15.00

Description: For those who have never had the fortune to eat at PJC Center for Culinary and Hospitality Management, you are in for a treat. PJC offers courses in food preparation and as part of the students' training, students actually prepare and serve lunch for which the general public can participate. Guest



speaker will be Chef Herr who will present information on how students are selected for this program, the length of training, and placement of students upon graduation. The lunch specialty will be centered on Central/Eastern Europe dishes. Please plan on leaving a \$1.50 tip, which will go toward a scholarship program for students interested in Culinary and Hospitality Management.

Directions: Go north on 9th Avenue, cross Airport Blvd, cross College Blvd and turn right (east) onto the next major street which is Underwood Avenue. The student center is to the right and parking is available. The Culinary center is located in Room 534 on the north end of the campus, and on the north side of the student center. Parking is available in the student center parking lot; enter through the north side of the building.

TOUR OF MCGUIRES IRISH PUB

Location: McGuire's Pub, 600 East Gregory 433-2849

Instructor: Perry Hunter

Date: Wednesday, October 14, 2009 (limited to 12 people)

Time: 9:00 AM - 11:00 AM

Cost: \$12.00

Description: Back on the agenda by enormous requests. If you haven't toured McGuire's, you're in for a real treat. You'll learn about all the fun things that go on there, hear about how much money is tacked to their ceiling, and how their wonderful beer is made right there in huge copper vats, and you just won't believe their wine collection. Our genial host, Perry, will answer all your questions. (Those who wish can be seated for lunch right after the tour.)



COME WALK WITH US- VOLKSMARCH 101

Location: J. Earle Bowden Building/Classroom #2

Instructor: Pat Skaggs

Date: Wednesday, October 21, 2009 (Rain date, Thursday, Oct.22)

Time: 9:00am - sign in and information, Volksmarch from 9:30am - 12:00 or 12:30pm

Cost: \$10.00

Description: YES! Come join us for a Volksmarch - Your Pace or Ours!

Volksmarch is a German term literally meaning 'people's walk'. The purpose of a Volksmarch is to encourage people of all ages and abilities to participate in the healthy hobby of walking and hiking in a non-competitive basis, thus making this an excellent recreational activity for the entire family. Volksmarches give people an opportunity to see new countryside and landmarks, meet other people, as well as collect incentive awards. Walks are not contests! Everyone walks at his or her own pace. Age and ability have no part in Volksmarch programs and events. Emphasis is on walking for health, physical fitness, and pleasure! Awards are available upon completion of some walks for a nominal fee. One does not have to be a member of any club to participate in a Volksmarch event.

After a brief informative meeting we will head out on the Historic Downtown Pensacola Volksmarch (10K - 6.2 miles). For those not wanting to walk the entire Volksmarch we will offer a 5K - 3.1 mile route. Wear comfortable walking shoes and dress in layers. Feel free to bring a bottle of water along with you. Please call Pat Skaggs with any questions/concerns: 474-9012.



WORLD RELIGIONS: VALUES AND DANGERS

Location: Azalea Trace Auditorium

Instructor: Dr. William Mountcastle

Date: Wednesday, October 21, 2009

Time: 1:00 PM - 2:30 PM

Cost: \$10.00

Description: Dr. Mountcastle will lead us in a discussion of the nature, values, underpinning theories of select religions, and a discussion of their contributions and dangers to society.

GLYCERIN SOAP MAKING CLASS

Location: Windsor Villas, off Sundial Blvd, off Garson Point Rd.

Instructor: Barbara Meloy

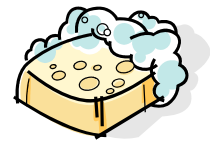
Date: Wednesday, October 28, 2009

Time: 10 – 11:30am

Cost: \$10.00

Description: Learn about making glycerin soap. Play with color and fragrances in making your own bar. Learn all about glycerin soap and its properties. Each person will take home a bar they have made. Class is limited to 6 students. Class will be held in Barbara's home in the Windsor Villas.

Directions: Specific directions will be available to those who have signed up for this class.



LESSONS ON POLITICAL LEADERSHIP

Location: Azalea Trace Auditorium

Instructor: Dr. Alfred Cuzan

Date: Wednesday, November 18, 2009

Time: 11-12:30 pm

Cost: \$10.00

Description: This session will draw lessons on leadership from some of the world's great political leaders, from ancient time to the present.

THURSDAYS

JOHN CALVIN, HIS LIFE AND LEGACY

Location: Northminster Presbyterian Church, 1100 E. Nine Mile Rd, Pensacola, FL 32514

Instructor: Rev. Walk Jones

Dates: Thursdays, September 24 – October 1, 2009 (2 Sessions)

Time: 10:00 AM – 11:00 AM

Cost: \$15.00

Description: More than 30,000 English-speaking congregations around the world trace their lineage through John Calvin. He is a figure of remarkable significance in the history of the Reformed tradition. The 500th anniversary of Calvin's birth provides a compelling opportunity to re-examine his life and thought. The DVD to be shown and discussed in this class, John Calvin: His Life and Legacy, combines insightful interviews of well-known Calvin scholars with creative and stunning visuals from such historical places as Geneva and Paris. The DVD and discussion will dispel many false notions about Calvin and his legacy and is of interest to anyone fascinated by history, religion, or American Protestantism.



Dr. Jones is a graduate of Louisville Presbyterian Seminary and Columbia Theological Seminary and is currently pastor of Northminster Presbyterian Church in Pensacola. He was involved in the faith community's response to Hurricane Ivan and is past-president of the Cantonment Rotary Club. He loves reading John Calvin and looks forward to talking about his much-maligned and misunderstood hero. A trailer for the DVD may be seen here:
<http://www.pcusa.org/calvinjubilee/dvd.htm>

TOUR OF NATURAL DECORATIONS PLANT



Location: Natural Decorations Plant, 777 Industrial Park Dr, Brewton, AL

Instructor: Sharon Smith

Date: Thursday, September 24, 2009

Time: 10:15- 11:00am

Cost: \$10.00

Description: Sharon Smith will conduct this walking tour of the NDI plant in Brewton. Afterwards a visit to the outlet store: The Cracked Pot (in Brewton) followed by lunch in Brewton. There is no room for walkers, or wheel chairs, or places to sit on the tour. This is a working plant that designs and ships all over the world, silk floral arrangements. They are designed right there in the plant. Then they are made and shipped from the plant. They sell their designs to many stores among them Neiman Marcus, etc. The Cracked Pot is in downtown Brewton, and sells some of the designs. You can touch the flowers there. There are loads of places to eat in Brewton afterwards.

Directions: Follow US 29 to Flomaton. At the stop sign, take US 31. Follow US 31. Just at the Brewton Paper Mill, on the left is a large sign for Industrial Park. Take a left and follow the road (Industrial Park Dr. to end. They are the last business on the left.
(no oxygen tanks - must be ambulatory)

HITLER'S DEATH CAMPS

Location: UWF Bldg 86/130

Instructor: Oz Nunn, (power point by Sam Tucker)

Dates: Thursdays, Sept. 24 to Oct. 22, 2009 (5 Sessions)

Time: 12:30-1:30pm

Cost: \$25.00

Description: The Holocaust! The Final Solution! The attempted genocide of the Jewish race in Europe! How could this happen in a civilized country like Germany? Estimates are that Nazi Germany murdered six million Jews and five million Gypsies, Slavs, Czechs, Poles, and other "Sub-Humans", as they called them. Most of this took place in the Nazi German Concentration Camps and Death Camps. The most efficient Death Camp was Auschwitz. Approximately three million people were killed and "disposed of" there. In this course, we will discuss exactly what happened at Auschwitz, and how this most "efficient" Death Camp operated. **WARNING...** this class is not for the fainthearted! Very graphic pictures will be shown and discussed. Oz Nun will be the instructor and the Power Point presentation will be by Sam Tucker. Be prepared to be shocked and disgusted by what you see and hear. However, everyone should know just what happened at Hitler's Death Camps. Please join us.



CSI UNMASKED

Location: J. Earle Bowden Building/Classroom #2

Instructor: Malcom Parker

Date: Thursday, September 24, 2009

Time: 2:30-4:30pm

Cost: \$10.00

Description: "Malcolm (Mac) Parker, a retired Special Agent In-Charge, formerly with the Department of Defense and the Naval Criminal Investigative Service, will provide an overview of Criminal Investigations, U.S. Military Intelligence, and National Security; past, present, and future. His assignments and travels have taken him all over the globe. Come listen to his first hand information, not "made for prime time TV".

TOUR OF CROWNE PLAZA GRAND HOTEL

Location: Crowne Plaza Pensacola Grand Hotel, 200 East Gregory St

Instructor: Kasey Buchanan, Linda Craul and Jan Chapman

Date: Thursday, October 1, 2009

Time: 10:00 – 11:00

Cost: \$10.00

Description: On this tour you will be able to step back into history. The Pensacola Grand has a rich heritage dating back to 1912. The hotel is located on the site of the historic L & N railroad passenger depot, which has been restored and now houses the lobby, lounges, shops and meeting rooms. Listed in the National Register of Historic Places, the depot was revitalized and care was taken during renovation to restore as much of the building as possible using original materials. For instance, the French clay tile roof was removed piece by piece, coded, cleaned and each tile replaced in its original position. Some members of our group may add to our tour by reminiscing experiences at the passenger depot they visited in the past.

Directions: Take I-10 to I-110 south to exit 1A Gregory Street. The hotel is on the right.

UNDERSTANDING OUR UNIVERSE

Location: UWF Building 86/121

Instructor: Dr. Wayne Wooten

Date: Thursday, October 1, 2009

Time: 4:00 PM - 5:00 PM

Cost: \$10.00

Description: A decade ago, we blissfully believed we knew what the universe was made of, for the most part. Now, new discoveries about "dark matter" and "dark energy" have shown us just how "in the dark" we still are! Come and learn about what scientists have learned about our universe in the last few years - it will amaze you. Dr. Wooten has a way of explaining the unexplainable to where we can understand it. You will not want to miss this class





BEACH WALK

Location: Pensacola Beach

Instructor: Mardi McDaniel

Date: Thursday, Oct 8, 2009

Time: 10:30 am – 12:30 pm

Cost: \$7.00

Description: Come on out to the beach. October is the perfect time for a beach walk. We'll walk a ways - 30 minutes down and 30 minutes back, then, since we'll have worked up an appetite, we'll have dutch treat lunch at Peg Leg Pete's.

Directions: We'll meet in Peg Leg's parking lot to start the walk. See you there!

UNITED WAY OF ESCAMBIA COUNTY

Location: Florida Public Archaeology Network – FPAN

207 E. Main St. (Next to the Fish House)

Instructor: Jean Norman, President of United Way of Escambia County

Dates: Thursdays, Oct 8, 2009 thru Nov 12, 2009 (6 Sessions)

Time: 3:00 pm – 4:00 pm

Cost: \$5.00

Description: This workshop series will have 6 one-hour sessions. You will learn about the issues, goals and outcomes of the five solutions teams and how individuals, families, organizations and businesses can become part of the solutions for achieving the vision for our community which is that Escambia County is a healthy community where all have the inspiration and opportunity to succeed. (Read more at uniteescambia.com.)

Unite Escambia began in 2006 when several organizations worked together to build the momentum that would be needed for long-term change in our community. It was the belief of the partners – United Way of Escambia County, the Escambia County Health Department, and Partnership for a Healthy Community – that the most effective way to improve our community's overall health was to empower residents to take action. The partners have mobilized hundreds of residents as members of five Solutions Teams around the priorities of Education, Environment, Health, Housing, and Poverty. The collective work of these five Solutions Teams is critical to furthering economic development in our area, creating new jobs, inspiring government action, and creating a positive outlook for the future of our community.

PROJECT GREENSHORES

Location: Bayfront Parkway near the foot of the Pensacola side of the 3- mile bridge

Instructor: Amy Baldwin

Date: Thursday, October 15, 2009

Time: 10:00 – 11:30am

Cost: \$10.00

Description: The Departmental of Environmental Protection will have three stations set up to reflect local aquatic grasses and some live aquatic marine life for a show and tell. This will be followed by a short walking tour of the waters along Bayfront Parkway in downtown Pensacola. The tour will be led by a member of the Florida DEP. Project GreenShores, winner of the 2004 Gulf Guardian Award, is located along the northwest side of the Pensacola Bay Bridge. This habitat restoration effort depends on the City of Pensacola, local agencies, businesses and volunteers in a community based effort to establish an oyster reef and salt marsh with the Pensacola Bay ecosystem. Focus will be on the large scale restoration



of the habitat beneficial to oyster beds, soft-shell animals and sea aquatic vegetation. After the tour is completed, some of us may opt to meet at Hall's Seafood & Catfish restaurant at 920 E. Gregory St., just up from the bridge.

Directions: Go south on I-110 into Pensacola and take exit #1 following Chase Street and turn left on Bayfront Parkway. You will see the bridge off to your right and parking is available on site or across HY98 at the Visitor's Center. Instructor Contact Information:

Telephone Number: 595-8300 x 1196

Address: Department of Environmental Protection

160 Governmental Center, Suite 308, Pensacola, Fl 32502

INCREDIBLY DIVERSE SUBDIVISIONS OF ISLAM



Location: J. Earle Bowden Building/ Classroom #2

Instructor: Jim Ware

Date: Thursday, October, 15, 2009

Time: 10:00 AM – 11:00 AM

Cost: \$10.00

Description: Islam according to the dictionary is a monotheistic religion based on the teachings of Muhammad, and a civilization made up of the peoples or nations that practice Islam. Islam is an incredibly diverse group. Even the Shiite and Sunni branches of Islam have diverse subdivisions within themselves. Come and learn about these divisions so that you can better understand what you hear in the news, and what is actually happening in the middle- east.

Directions: Located in the Downtown Pensacola Historic District. From UWF Campus: Take University Parkway to Davis Highway, turn Right. Take ramp onto I-10 West toward Mobile. Take exit #12 onto I-110 South toward Pensacola. Take exit #1C/US-98 Bus West onto East Garden Street. Turn Left on South Tarragona Street. Turn Right on Church Street. J. Earle Bowen Building will be on your Right.

HISTORIC NAS PENSACOLA DOWN THROUGH THE AGES

Location: NAS Pensacola near where the USS LEXINGTON used to be berthed.

Instructor: Harry White, NAS Public Affairs Officer

Date: Thursday, October 22, 2009

Time: 10:00 a.m. – 11:00 a.m.

Cost: \$10.00

Description: Trace the history of the Pensacola Navy Yard from its establishment in 1824 detailing how the Navy Yard became Naval Air Station in 1914. Discuss the establishment of the Navy Yard as a national Historic Landmark District. Discuss the damage caused by Hurricane Ivan which virtually destroyed the Historic Landmark District and discuss the Navy's effort to mitigate the damage by developing the Historic Landscape Mitigation program. In this class the history of the Navy Yard will be discussed in a series of kiosks and Pavilions along the NAS Pensacola seawall where the Navy Yard once existed and naval aviation training began in the Navy.

Directions: Follow Navy Blvd south all the way to the NAS Main Gate and enter the gate on the right side. Take the right hand fork (which is Duncan Blvd) all the way to the very end (you will pass through the golf course and the cemetery will be on the right). Duncan Blvd ends at Radford Blvd. Turn left onto Radford and follow it all the way nearly to the end. You will pass through two large white columns and continuing you will see a large smoke stack on the left, the Pavilion will be on your right. You may park anywhere near the smoke stack and walk to the Pavilion across the street.



TOUR OF BAGDAD CEMETERY

Location: Bagdad Cemetery

Instructor: Bud Allen

Date: Thursday, October 22, 2009

Time: 10:00 AM - 11:30 AM

Cost: \$10.00

Description: Come take a walking tour of Historic Bagdad Cemetery. There are loads of stories to tell about the inhabitants, their loves, and lives. Our guest speaker, Mr. Bud Allen, President of the Cemetery Association has an in-depth knowledge of the history of the cemetery.

Directions: Take US Highway 90 East into Santa Rosa County. At the first traffic light after Avalon Blvd (Parkmore Plaza Drive), take a right. At the stop sign take a left on Old Bagdad Highway. Turn right at the 3rd street after the high white picket fence of Ventura Estates on to School Street. Take a right on to Cooley Street. Cooley Street dead-ends at the Cemetery.

JFK AUTOPSY & ZAPRUDER FILM EVIDENCE

Location: Azalea Trace Auditorium

Instructors: Mark Lambert & Bill Caplinger

Dates: Thursdays, October 22 and October 29, 2009 (2 Sessions)

Time: 1:00 PM to 2:30 PM

Cost: \$20.00

Description: November 22, 1963 is likely the most significant day in American history post WWII as we are reminded in recent days by the death of Walter Cronkite and the 40th anniversary of the Apollo moon landing. For virtually all of that time, polling of Americans and the world showed majority disbelief of the official explanations of the assassination of John F. Kennedy. Mark Lambert and Bill Caplinger have followed and participated in the research of this and related events for more than 50 years between them. In a case where hard evidence seems hard to find, Mark and Bill will present an overview of two of the areas where the legal concept of "best evidence" best fits . . . or does it? We will show and tell of the autopsy of JFK, and the best known item, the Zapruder film. Skeptics and skeptics of skeptics are welcome and will enjoy this focused look at documented factual information. No "woo-woo", just the facts.

SATURN, THE RING WORLD 2

Location: Pensacola Junior College

Instructor: Mardi McDaniel

Date: Thursday, October 29, 2009

Time: 10:00 AM - 11:00 AM

Cost: \$12.00

Description: **The Cassini Huygens mission to Saturn and its moons.** Saturn, the ringed planet becomes the true "Lord of the Rings" in the Pensacola Junior College Space and Science Immersive Dome Theatre. After nearly seven years in transit and planetary exploration, the two-story Cassini-Huygens spacecraft arrived at Saturn in 2004 and began exploring Saturn and its moons, including sending the Huygens probe to land on the surface of Titan, Saturn's largest moon. The original Cassini mission has been extended and is still in progress today. Amazing new images and information continue to be received from the mission. Ring World is narrated by Star Trek's John Billingsley (Dr. Phlox on Enterprise) and was produced by NASA's Jet Propulsion Laboratory. The program will include an interactive tour of the night sky as seen from the Pensacola area for the current time and next few weeks.

Directions: From I-110, take the Brent Lane exit east toward the airport and go north on 9th Avenue, cross Airport Blvd, cross College Blvd and turn right (east) onto the next major street which is Underwood Avenue. The student center is to the right and parking is available. PJC Center for Culinary and Hospitality Management is located in Room 1266 on the north end of the campus, and on the north side of





the student center. Parking is available in the student center parking lot; enter through the north side of the building.

PENSACOLA GHOST TOUR AND PARANORMAL BOOT CAMP



Location: Seville Quarter, 130 E. Government St. Pensacola, FL. 32501

Instructor: Patty Krakowski

Date: Thursday, October 29, 2009

Time: 10:10 AM - 12:30 PM

Cost: \$35.00

Description: Learn How to Do what Taps and Ghost Hunters Do! This will be a Seminar and Walking Paranormal Investigation. Do YOU dare eat at Haunted Seville Quarter Pensacola's Most Haunted Entertainment Complex? Your Costumed guide will weave tales of ghosts and paranormal activities while sharing with you the history of antique furnishings and architecture. Paranormal Investigation equipment will be on hand for guests to learn ghost haunting 101. A meal is included, .and a bonus Gallery reading by an International Psychic Medium during meal. Please arrive 10:10 am. There is free parking across the street. Event runs rain or shine. Meet in the Palace Cafe Room of Seville Quarter.. Includes signature coffee drink, meal & ice tea voucher, ghost tour & paranormal boot camp. Ghost hunting equipment will be provided.

MARTIN ORCHIDS GREENHOUSE TOUR



Location: Martin Orchids, 6301 Warbler Lane, Milton, FL 32570, 850-449-8192

Instructor: Martha Martin

Date: Thursday, November 5, 2009

Time: 9:00 to 10:30am

Cost: \$10.00

Description: Martha Martin has been growing orchids for nearly 25 years. This class will start with a brief history of orchids and learning the basics for growing orchids, including requirements for light, water, fertilizer, and humidity, followed by a time to ask questions and to tour two greenhouses

Directions: From UWF campus - Travel East on Alternate 90, then East on US 90. Continue on Highway 90 through Pace into Milton. When you see the Burger King on your left in Milton, turn left onto Stewart Street. Continue on Stewart Street for approx 1 mile. When you see Milton High School on your left, turn right onto Munson Highway (Hwy 191). Continue on Munson Highway for 3 miles. Turn right onto Pat Brown Road. Follow Pat Brown Road for approx 1 and 1/2 miles, turn right on Warbler Lane. Martin Orchids is the first mailbox on the right on Warbler Lane.

STORYTELLING

Location: Earle J. Bowden Building/ Classroom #2

Instructor: Van Deese

Date: Thursday, November 12, 2009

Time: 10:00 - 11:30pm

Cost: \$10.00

Description: An Encore performance by Van Deese, a local businessman, author, and storyteller will again tell his stories to Leisure Learning. All of his tales are drawn from his life in the northern areas of the county. Many people may find some of Mark Twain, or Will Rodgers in these tales, or in Van himself. So come, sit back, relax, and let his voice carry you with him on a journey to a friendly, warm, folksy, and often hilarious place.



BOOSTING YOUR MEMORY

Location: J. Earle Bowden Building/Classroom #2

Instructor: Lisa VanWormer

Date: Thursday, November 19, 2009

Time: 12:30 – 2:30 pm

Cost: \$10.00

Description: There are many types of memory loss associated with aging. This course will briefly acquaint students with the types of memory loss that can occur, which types of memory deficits might be improved, and how this recovery may be possible. The student will get an inclusive look at current memory boosting trends by being introduced to cognitive research in exercise, nutrition, and brain training fields. **SEE NEWS & NOTES (page 6) for an opportunity to participate in attention and memory studies and receive a \$10 gift card (for those 60 and older)!**

CONTEMPORARY ARTISTIC PRACTICE

Location: UWF Art Gallery, Bldg 82/235

Instructor: Gina Cestaro

Date: Thursday, November 19, 2009

Time: 4:00 to 5:00 pm

Cost: \$10.00

Description: Gina Cestaro is a new faculty member in the UWF Art Department, who is versatile in many contemporary media, including Artist Video and Installations. Her session uses the three previous Genius Loci lectures as a springboard for a group discussion about the nature of Contemporary Artistic Practice, (see News & Notes on page 7).

FRIDAYS

CIVIL WAR ERA HISTORY: SOME THINGS NEW



Location: UWF Bldg 86/121

Instructors: Ray Bennett & Larry Garrett

Dates: Fridays, Sept 25 – Nov 13, 2009 (8 Sessions)

Time: 8:30 – 9:45AM

Cost: \$35.00

Description: This course will examine several aspects of Civil War era history including: (1) How the enormous US and Confederate Armies were provisioned. What the troops in the field ate, how it got from the farm to them and how they prepared it. Recipes of the time will be provided for the courageous to try at home. (2) What challenges were faced by Pensacola's own Stephen Mallory as the Confederate Secretary of the Navy as he defended an extensive coastline and internal riversystems. Also examined will be the roles played by the U. S. and Confederate Marine Corps. (3) How the Lincoln/Douglas debates impacted the political scene and created a national figure out of a little-known state politician thus squashing Douglas's long-sought dream. Understand why some have compared these exchanges to "a mastiff shaking a terrier." (4) Why Lincoln's election compelled Southern states to believe that their sovereignty demanded their departure from the Union despite Lincoln's assurances to the contrary.



CREATIVE WRITING

Location: UWF Bldg 86/134

Instructor: Virginia Lee Clark

Dates: Fridays, September 25- October 30, 2009 (6 Sessions)

Time: 10-11:15am

Cost: \$30.00

Description: This will be a course that needs good student participation as we will be reading and commenting on the students' work. I also want the students to write about what they want to write about so there will be very few specific class assignments. All kinds of writing, including fiction, poetry, essays, and biographies, will be welcome. However, the operative word is to "write" something each week so we won't spend the time we have just looking at each other. Also, I would like the class to bring in examples of writing they either like or dislike and we can discuss these in an open forum.

Virginia Clark has been a published journalist for over 45 years working as a free lance feature writer for magazine publications including *Sea Magazine* (a CBS publication), *Sail*, *Lakeland Boating*, *Crain's Detroit Business Magazine* and *Pensacola Today*. She also wrote in the same capacity for newspapers including *The Detroit News*, the *Oakland Press*, *Birmingham (Michigan) Eccentric and Observer* and for nine years the *Pensacola News Journal*.

ON THE OTHER HAND...BEST ESSAYS

Location: UWF Bldg 86/121

Instructor: Bob Robinson

Date: Fridays, Sept 25- Nov 13, 2009 for 8 sessions

Time: 10:00- 11:15

Cost: \$35.00

Description: Once again to the bastions of debate and discussion. With help, the leader will choose from the general literature, 8 essays selected for their timeliness, importance (in someone's opinion), debate-ability and controversy, to coin a word or two. Given a week in advance of class, each participant reads and sharpens wits, and then we meet and duke it out. It is always interesting to hear the insights and comments of others, and to engage each other in debate.

POTPOURRI OF REMINISCENCE

Location: UWF Bldg 86/121

Instructors: Members of UWF Leisure Learning Society

Dates: Fridays, Sept. 25 – Nov. 13, 2009 (8 Sessions)

Time: 1-2:15pm

Cost: \$35.00

Description: This is a new idea and a new type of class in which members of Leisure Learning will be the "instructor." We all have memories of events and times that we can share with others (growing up during the war; serving in the European Theater during the war; living in Chicago during the depression; how my neighborhood has changed over the years; etc.). Similar to the "Active Scripts & Scraps of Life" publication produced by The UWF Leisure Learning Society in the year 2000, this class will be for the LLS by the LLS. We would like to have a group of individuals who would feel comfortable being the speaker and sharing their stories. We also welcome those who would just enjoy hearing the stories of their fellow LLS members. This class should be a lot of fun. Join us as we learn about our friends and classmates. There is no time allotment that you have to speak. You can take 15 minutes or the whole class period (1 1/4 hr) If you would like to volunteer yourself, or if you know a member who has some interesting bits



and pieces of memories to relate to the group and you feel that individual would be inclined to be an “instructor,” please let Mardi McDaniel or Linda Lewis know as soon as possible (474-3491). Be sure and register for the class either way; maybe you’ll decide to speak later on or just enjoy listening.

WRITING LOCAL HISTORY: HISTORY OF BALDWIN COUNTY, ALABAMA

Location: UWF Building 86/121

Instructor: Dr. Lawrence Burnette

Dates: Fridays, Sept 25 – Nov 13, 2009 (8 Sessions)

Time: 2:30 PM - 3:45 PM

Cost: \$35.00

Description: This course will address the special problems of researching and writing local history through reading and a critique of Dr. Burnette’s book *“Coastal Kingdom: A History of Baldwin County, Alabama”*

TOUR OF HISTORIC ST. MICHELS’S CEMETERY

Location: Saint Michael's Cemetery

Instructor: Sandy Affleck

Date: Friday, October 16, 2009

Time: 3-5:00 pm

Cost: \$15.00

Description: St. Michael's Cemetery sculpts in stone the City of Pensacola's long, often turbulent history. Memorial and markers speak from the past, of the people who lived and died here, where America began. Some of the people interred here lived through the American Revolution, the War of 1812, the Creek and Seminole Indian wars and the great world wars of the century. Some people died heroes' deaths in those conflicts: others lost quiet battles to the scourges of diseases that, at times, decimated the population. Here among the marble and granite, simple slabs and mausoleums, are the remains of people who lived all their lives in Pensacola. Famous and infamous, statesman and slave, leaders and lowly, mothers and daughters, fathers, and sons, all rest under moss-covered oak and magnolia. The cemetery now covers eight acres of the original 25 acres deeded by the King of Spain in the year 1791. No one knows the actual number of graves that are in this site, there are 2,750 marked graves and approximately 6,000-7,000 unmarked graves. The unmarked graves have been established by ground penetrating radar. The University of West Fl. is in the process of excavating some of the unmarked graves this summer and hopes to find some of the earliest Spanish graves. The oldest colonial road in the city goes through the middle of the cemetery. Sandy has been on the Board of St. Michael's Cemetery for a number of years and feels that any person living in Pensacola that is not familiar with the cemetery has missed a great part of the city's history. St. Michael's is the oldest and most significant historic site that survives above ground in the city. It is one of the two oldest extant cemeteries in the State of Florida. (This means that it is still in use). This tour of cemetery will pay attention to the famous men and women that are entombed here, such as Dorothy Walton (husband signed the Declaration of Independence), Stephen Mallory, a U.S. Senator, Secretary of the Confederate Navy, John Hunt in an elegant Greek Revival style tomb, John Innerarity (Innerarity Island bears his name), and many other beautiful tombs and interesting people from all parts of the world. **Please wear comfortable shoes for the tour.**

Directions: Meet in the parking lot to the left of Florida Blanca Street. St. Michael's Cemetery lies directly behind the Pensacola Civic Center, between Florida Blanca and Alcaniz Street in Historic Downtown Pensacola. There is no charge to park here.





SATURDAYS

HAPPY HIKERS: THE GARCON POINT HIKING TRAILS



Location: Route 191, 9 miles south of Milton, Santa Rosa County

Instructor: Carol Ann Braun

Date: Saturday, October 10, 2009

Time: 8:30 AM -12:30 PM

Cost: \$10.00

Description: The Garcon Point Trail consists of two short trails, the 1.5 mile loop trail and the 1.2 mile spur trail. Our aim will be to complete both trails for a total of 3.7 miles an easy hike. Both trails wind through a wet prairie system with an abundance of plant species including orchids, white top pitcher plants and the panhandle lily. In addition, an unusual oak, the Blackjack and varied species of birds are treats we may view. Afterwards an optional lunch at participant's expense will be at a restaurant enroute back to campus.

Directions: We will meet to carpool on campus in parking lot near to Buildings 85/86 Professional Studies. Further information will be e-mailed to those participating one week prior to hike.

HAPPY HIKERS: UWF NATURE TRAIL AND WILDLIFE SANCTUARY

Location: University of West Florida Campus

Instructor: Carol Ann Braun

Date: Saturday, October 24, 2009

Time: 9:00 AM – 1:00 PM

Cost: \$10.00

Description: Our walk today includes two separate nature areas on campus with a stop for lunch in the Commons building between walks. We will begin at The Edward Ball Nature Trail Boardwalk, a winding walkway over a swampy landscape providing glimpses of turtles, birds and other wildlife. After taking a lunch break at participant's expense we will proceed to the Baars-Firestone Wildlife Sanctuary, a wilderness trail winding through natural habitats of sandhill, hammock and wetland.

Directions: We will meet in front of the Commons (building 22) and proceed from there to the trail.

HAPPY HIKERS: WHITING FIELD HIKING TRAIL-CLEAR CREEK NATURE TRAIL

Location: Langley Street off Hwy 87 North of Milton at Whiting Field Naval Station

Instructor: Carol Ann Braun

Date: Saturday, November 14, 2009

Time: 8:30 AM – 12:30 PM

Cost: \$10.00

Description: Best place to view pitcher plants, a botanical wonder. The hike will be approximately 2 miles through a wooded area. There will be an optional lunch afterwards at participant's expense in a restaurant (to be determined) in Milton.

Directions: We will meet to carpool in the UWF campus parking area near to Building 85/86 Professional Studies. Further information will be e-mailed to participants one week prior to the hike.



REFRIGERATOR PAGE

MONDAY

• What's in your medicine cabinet?	9/21	9:00 – 11:00am	Bayview Senior Center #1
• World Religion-Islam& Hinduism	9/21-9/28	9:30 – 11:00am	J. Earle Bowden Bldg/#1
• Landscaping with Edibles	9/21	10:00 – 11:30am	Extension Office
• Hurricanes	9/21	1:00 – 3:00 pm	J. Earl Bowden Bldg/#1
• Basic Computers	9/21	5:00 – 6:00pm	UWF Bldg 37/training room
• Intro to Spanish	9/28-11/23	10:00- 11:00am	Bayview Senior Center #1
• Poetic Projections	9/28	1:00 – 2:30pm	J. Earle Bowden Bldg/#2
• Social Networking	9/28	2:30 – 3:45pm	UWF Bldg 79/174
• Retirement Risks	10/5- 10/19	10:00 – 11:00am	J. Earle Bowden Bldg/#2
• Wear Channel 3 Tour	10/5	10:30 – 11:30am	Channel 3 Wear TV Bldg
• Gulfarium	10/12	9:45 – 2:00pm	1010 Miracle Strip Pwy
• Tour of Portofino Island Resort	10/12	10:30 – 1:30pm	10 Portofino Drive
• Diamonds in the Attic	10/12	1:00 – 2:30pm	J. Earle Bowden Bldg/#2
• Tour of US EPA Ecology Division	10/19	2:00 - 3:30pm	1 Sabine Island Drive GB
• Ethical Wills	10/26	11:00 – 12:00pm	J. Earle Bowden Bldg/#2
• Tour of Azalea Trace	10/26	2:00 – 3:00pm	Azalea Trace
• Whiting Field	11/2	9:30 -12:30pm	Whiting Field, Milton FL
• Snoezelen Center	11/2	9:00 – 11:00am	Escambia Westgate School
• Stress Management	11/2- 11/9	10:00 – 11:00am	J. Earle Bowden Bldg/#2
• Creative Approaches to Everyday Life	11/9	1:00 – 2:30pm	J. Earle Bowden Bldg/#2

TUESDAY

• Pensacola's Rich 450 Year	9/22 -11/17	9:00 – 10:00am	J. Earle Bowden Bldg/#2
• PMA: Art of Africa	9/22	11:00 – 12:00pm	Pensacola Museum of Art
• Living Wills	9/22	1:00 – 3:00pm	Bayview Senior Center #1
• My Stroke of Insight	9/22	2:00 – 3:30pm	Azalea Trace Auditorium
• Tour of Joe Patti Seafood	9/29	9:30 – 11:00am	524 South B St
• Jazz Goes Dancing	9/29 -10/13	9:30 – 11:00am	Azalea Trace Auditorium
• Creative Path with Rock Hard	9/29	1:00 – 2:00pm	16 N Palafox St
• Emerald Coast Robotics	9/29	3:00– 4:00pm	UWF Bldg70/100
• All About Gourds	10/6	10:00 – 11:30am	J. Earle Bowden Bldg/#2
• Politics of Nuclear Development	10/6	1:00 – 2:30pm	J. Earle Bowden Bldg/#2
• Delta Airboat Express	10/6	1:30 – 2:30pm	Spanish Fort, AL
• Delta Airboat Express	10/6	2:30 - 3:30pm	Spanish Fort, AL
• Birdbanding	10/13	9:00 am	Fort Morgan State Park
• PMA: Birds of America	10/20	11:00 – 12:00pm	Pensacola Museum of Art
• Delta Airboat Express	10/20	1:30 – 2:30pm	Spanish Fort, AL
• Delta Airboat Express	10/20	2:30 – 3:30pm	Spanish Fort, AL
• IHMC: Latest Research Topics	10/20-11/3	1:00 - 2:00pm	IHMC
• PMA: Earth Elements	10/20	3:00 – 4:00am	Pensacola Museum of Art
• New & Improved Hubble Telescope	11/3-11/10	3:00 -4:30pm	Azalea Trace Auditorium

WEDNESDAY

• Dementia & Alzheimer's	9/23	9:00 -10:30am	Bayview Senior Center #1
• Your Memoirs are Important	9/23-11/4	10:00 – 11:30am	Bob's House
• Butterfly Gardening	9/23	10:30-11:30am	Garden Gate
• Common Myths about Mormons	9/23-11/18	2:00 – 3:30am	Pensacola Chapel
• The Nature of Barrier Islands	9/30	9:00 – 10:30pm	Santa Rosa Island
• Back Yard Birding Basics	9/30	10:30-11:30am	Garden Gate, Gulf Breeze
• Herb Garden	10/7	10:30-11:30am	Garden Gate, Gulf Breeze
• Great Speeches in American Hist.	10/7 -10/21	10:30-11:15am	Azalea Trace Auditorium
• Luncheon at PJC center	10/7	11:50 – 12:45pm	PJC Culinary Bldg
• Tour of McGuire's Pub	10/14	9:00 – 11:00am	McGuire's Irish Pub
• Come Walk With us	10/21	9:00 – 12:00noon	J. Earle Bowden Bldg/#2
• World Religions: Values & Dangers	10/21	1:00 – 2:30 pm	Azalea Trace Auditorium
• Glycerin Soap Making	10/28	10:00 -11:30pm	Barbara Meloy's Home
• Lessons on Political Leadership	11/18	11:00 – 12:30pm	Azalea Trace Auditorium

THURSDAY

• John Calvin, His Life and Legacy	9/24-10/1	10:00 – 11:00	Northminster Presb. Church
• Tour of Natural Decorations Plant	9/24	10:15-11:00am	Brewton, AL
• Hitler's Death Camps	9/24-10/22	12:30 – 1:30pm	UWF Bldg 86/130
• CSI Unmasked	9/24	2:30- 4:30pm	J. Earle Bowden Bldg/#2
• Tour of Crowne Plaza Hotel	10/1	10:00 – 11:00am	200 E. George St.
• Understanding Our Universe	10/1	4:00 -5:00pm	UWF Bldg 86/121
• Beach Walk	10/8	10:30 -12:30pm	Peg Leg Pete's parking lot
• United Way of Escambia County	10/8 -11/12	3:00 -4:00pm	FPAN
• Project Greenshores	10/15	10:00 – 11:30am	Bayfront Parkway
• Incredibly diverse subdivisions-Islam	10/15	10:00 – 11:00am	J. Earle Bowden Bldg/#2
• Historic NAS through the ages	10/22	10:00 – 11:00am	NAS Pensacola
• Tour of Bagdad Cemetery	10/22	10:00 – 11:30pm	Bagdad Cemetery
• JFK Autopsy & Zapruder Film	10/22-10/29	1:00– 2:30pm	Azalea Trace Auditorium
• Saturn, The Ring World	10/29	10:00 – 11:00am	Pensacola Junior College
• Pensacola Ghost Tour & Boot Camp	10/29	10:10 – 12:30pm	Seville Quarter
• Martin Orchids Greenhouse Tour	11/5	9:00 – 10:30am	Milton, FL
• Storytelling	11/12	10:00 – 11:30am	J. Earle Bowden Bldg/#2
• Boosting Your Memory	11/19	12:30 – 2:30pm	J. Earle Bowden Bldg/#2
• Contemporary Artistic Practice	11/19	4:00 – 5:00pm	UWF Bldg 82/235

FRIDAY

• Civil War Era History	9/25-11/13	8:30 – 9:45am	UWF Bldg 86/121
• Creative Writing	9/25-10/30	10:00 – 11:15am	UWF Bldg 86/134
• On the other hand...best Essays	9/25-11/13	10:00 – 11:15am	UWF Bldg 86/121
• Potpourri of Reminiscence	9/25-11/13	1:00 – 2:15pm	UWF Bldg 86/121
• Writing Local History	9/25-11/13	2:30 – 3:45pm	UWF Bldg 86/121
• Tour of St Michel's Cemetery	10/16	3:00 – 5:00pm	St. Michel's Cemetery

SATURDAY

• Happy Hikers: Garson Point	10/10	8:30 – 12:30pm	Milton, FL
• Happy Hikers: UWF Nature Trail	10/24	9:00 – 1:00pm	UWF Campus
• Happy Hikers: Clear Creek	11/14	8:30 – 12:30pm	Whiting Field Naval Station

