



## Personal Enrichment

### Just for Fun!

#### **A Day with the Stars: Astronomy for Beginners**

*Offered in co-operation with the Royal Astronomical Society of Canada (RASC), St. John's Chapter.* Ever wonder what you're seeing when you gaze into the heavens? Learn the basics of this most ancient and fascinating of hobbies: astronomy. Then take to the outdoors to try out what you've learned in an evening observing session. Your guide will be an experienced stargazer from the RASC. Learn to find your way around the night sky, identify fall constellations, select the best observing equipment and learn to use that equipment effectively.

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Thu., Oct. 8 (1 class), 7 – 10 p.m. \$59. Facilitator: Garry Dymond.

#### **Advanced Astronomy: The Sky's the Limit**

*Offered in co-operation with the RASC, St. John's Chapter. Please bring your scope with you to class.* Have a "scope" (telescope) but don't know how to use it? Or what to observe with it? Or where to do that observing? Join Garry Dymond of the RASC and learn how to get the most out of your scope. In the process, you'll have an opportunity to view the snow caps of Mars, storms of Jupiter, the rings and moons of Saturn, the structures of galaxies, clusters

and nebula. You'll also learn to star hop and get tips on how to get your "go to" scope to "go to" what it is you're trying to observe.

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Thu., Oct. 22 (1 class), 7 – 10 p.m. \$59.  
Facilitator: Garry Dymond (RASC).

#### **The Internet and Understanding the Meteorology Behind Weather Forecasts**

*It is recommended that you have a basic working knowledge of MS Windows XP or Vista and know how to browse/search the Internet.*

For all the time we spend talking about weather, we really don't know much about the forces that shape it. Well here's an opportunity to be part of a fascinating and revealing look at how the weather "works" as seen from the perspective of a meteorologist. You'll look at weather charts and indicators for Newfoundland, and find out how to interpret the satellite and radar images you see every day on television and on the web. You'll then learn how to put it all together to get a complete picture of what's happening – and what will happen – for the coming hours and days, and perhaps into the next week.

.....  
Wed., Oct. 21 – Nov. 18 (4 classes/no class Nov. 11), 7 – 9:30 p.m. \$129. Facilitator: Bruce Whiffen.

Your registration connection **737.7979**



 [www.mun.ca/lifelonglearning](http://www.mun.ca/lifelonglearning)





Tuesday, Sept. 29

**La Haine** (France)

*A look at the fateful intersection between the lives of three unemployed young men in Paris, and a violent confrontation between police and rioters which arose after a young Arab was brutally attacked by a policeman.*

Multiple honors: Cannes Film Festival, César Awards, European Film Awards, Film Critics Circle of Australia and Lumiere Awards.

**Director:** Mathieu Kassovitz

**Facilitator:** Jennifer Selby, Religious Studies

Tuesday., Oct. 13

**The Herd** (Canada, 1999)

*The Herd traces the true-life tale of Andy Bahr's reindeer drive across 2,400 km of hostile and unmapped terrain from Alaska in 1929 with a small team of Inuit and Sami herders and 3,000 reindeer.*

**Director:** Ken Wardrop

**Facilitator:** John Sandlos, History

Tuesday, Oct. 27

**Suite Havana** (Cuba, 2003)

*Describes with tenderness and humour a day in the life of 10 ordinary Havana citizens who express themselves through images rather than words.*

Multiple honors: Havana Film Festival awards and the Goya Awards (Spanish Academy Awards), 2004.

**Director:** Fernando Pérez

**Facilitator:** Myriam Osorio, French and Spanish

Tuesday, Nov. 10

**PRIMER** (USA)

*When two young engineers make a ground-breaking discovery, they must deal with the tension between the opportunity their discovery offers and the consequences of its use.*

Multiple honors: Sundance Film Festival awards, Nantucket Film Festival, Gotham Awards (nomination); London International Festival of Science Fiction and Independent Spirit Award (nomination).

**Director:** Shane Carruth

**Facilitator:** Joshua Lepawsky, Geography.

Tuesday, Nov. 24

**Persepolis** (France, 2007)

*The coming-of-age story of a precocious and outspoken young Iranian girl that begins during the Islamic Revolution and traces her path to a heart-breaking decision about her homeland.*

Multiple honors: Academy Awards (2), Golden Globe Awards, César Awards, Cannes Film Festival.

**Director:** Marjane Satarpi with Vincent Paronnaud

**Facilitator:** Jenina MacGillivray, Philosophy.

Tuesday, Dec. 8

**La prise de pouvoir par Louis XIV/ The Rise to Power of Louis XIV** (France, 1966)

*Film-making legend Roberto Rossellini reinvents the costume drama with this portrait of the early years of the reign of France's Sun King, Louis XIV.*

**Director:** Roberto Rossellini

**Facilitator:** James Bradley, Philosophy.

### Learn to Play Bridge

*This course is ideal for the complete beginner; i.e., one who knows nothing, or very little, about bridge.* Bridge is one of the great card games! It can offer you immense challenge and enjoyment for the rest of your life. Upon completion of the end of the five sessions, you'll understand the card play involved and be well on your way to becoming a bridge player.

.....  
Thu., Oct. 8 – Nov. 5 (5 classes), 7 – 9:30 p.m. \$135.  
Facilitator: Randy Bennett.

### Designing Gardens: The Basics

Creating a garden plan is an essential first step for landscape designers and homeowners. You'll begin with an introduction to garden design and the variety of garden layouts available to inspire you: formal, country, heritage, rock, perennial beds and low-maintenance models.

.....  
Sun., Sept. 27 (1 class), 1 – 4 p.m. \$49. Facilitator: Peter Dawson.

### Garden Tasks for a Fall Day

Gardening is something we usually associate with the summer. In truth, gardening has something to offer—or to demand!—in every season. Garden Tasks for a Fall Day identifies some common tasks that will help you prepare your garden for not only that inevitable slide into winter, but for the promise of the following spring. Topics include dividing your plants, preparing your beds for winter, and the maintenance and storage of your garden tools.

.....  
Sun., Oct. 18 (1 class), 1 – 4 p.m. \$49. Facilitator: Peter Dawson.

### Art History, Level 1: An Introduction to the Masters

There's something truly riveting about the great works of art. With an art historian as your guide, you'll delve into the meanings and symbolism behind the works of such brilliant artists as Da Vinci, Monet and Picasso. You'll also explore the artists' motivations and the controversies that frequently surround their genius.

.....  
Tue., Sept. 29 – Oct. 20 (4 classes), 7 – 9:15 p.m. \$99. Facilitator: Beth Pratt.

### Art History, Level 2: A More Intimate Look at the Masters

Participate in a deeper exploration of the works created by the masters featured in Level 1 plus other great artists. Discussions will include a look at how their art was influenced by social attitudes towards such things as nudity, feminism – even the larger issue of what is “real” art – and how those influences were given expression in their work.

.....  
Tue., Oct. 27 – Nov. 17 (4 classes), 7 – 9:15 p.m. \$99. Facilitator: Beth Pratt.

## Music Academy

### Fundamentals of Music

Learning to sing or play an instrument can be made easier if you have a musical foundation on which to build. Learn to read music, understand how notes and chords work together in a song and much more. No prior singing or playing experience is needed for this fun, informative, interactive class! In fact, the less knowledge you have about music, the better!

.....  
Mon., Sept. 21 – Nov. 30 (10 classes/no class Oct. 12), 8:15 – 9:15 p.m. \$145. Facilitator: t.b.a.

### I've Always Wanted to Sing!

“There's no such thing as not being able to carry a tune.” That's the philosophy anchoring this enormously popular class. By practicing in small groups, in a comfortable atmosphere, you'll receive the encouragement you need to develop your basic singing skills and the belief in yourself to use them.

.....  
Wed., Sept. 23 – Nov. 18 (8 classes/no class Oct. 12), 7 – 8:15 p.m. \$99. Facilitator: Shelley Neville.





I liked everything about the course! Stan is a great teacher!

Accordion, Level 1, Winter 2009



**Keep on Singing!**

*I've Always Wanted to Sing recommended.*  
Once you start singing, it's hard to stop. So DON'T! Practicing in small groups in a relaxed atmosphere, you'll continue developing your singing skills while building confidence in your performance.

.....  
Mon., Sept. 28 – Nov. 23 (8 classes/no class Oct. 12), 8:15 – 9:30 p.m. \$99. Facilitator: Susan O'Brien.

**Introductory Guitar**

Here's the perfect starting point for your guitar-playing aspirations. Chording is taught through an easy-to-learn, step-by-step approach, using examples from popular songs. Before you know it, you'll be in tune with the basics of playing the guitar.

.....  
Mon., Sept. 21 – Nov. 30 (10 classes/no class Oct. 12), 7 – 8 p.m. \$149. Facilitator: Dr. Martin Steffen.

**Intermediate Guitar: Building on the Basics**

*Introductory Guitar recommended.*  
In addition to building on the skills acquired in Introductory Guitar, you'll also be introduced to bar chording, finger picking and playing melodic lines.

.....  
Wed., Sept. 23 – Dec. 2 (10 classes/no class Nov. 11), 8 – 9 p.m. \$149. Facilitator: Andrew Wicks.

**Advanced Guitar**

*Scheduled for winter 2010*

**Accordion – Level 1**

*Accordions are supplied for this class.*  
The accordion is at the heart of the Newfoundland musical experience. Now it's your chance to bring the accordion into your life. You'll learn how to hold the instrument, about bellow control and finger positioning all within the framework of eight notes. A great way to learn in a fun and relaxed setting.

.....  
Wed., Sept. 30 – Nov. 4 (6 classes), 7 – 9 p.m. \$169. Facilitator: Stan Pickett.

**Newfoundland Tradition and Culture**

**Rug Hooking**

Transform burlap and wool into a work that is at once both expressive of your creativity and is useful. Following a discussion of patterns, colours and wools, you'll learn to hook—a relatively simple technique—using the wooden hooking frame and burlap provided. The latter part of the class is directed towards improving your technique, leading to a finished rug.

.....  
Tue., Nov. 10 – Dec. 8 (5 classes), 7 – 9:30 p.m. \$169. Facilitator: Dianne Warren.

**Tracing Your Family History Using the Internet**

*MS Windows XP and the Internet recommended.*  
We all wonder where we come from—in the ancestral sense—but past efforts to learn one's lineage have been limited by access to resources. Now, you can harness the power of the Internet in tracing your family history. Be part of a fascinating mix of old-fashioned research and new technology as you begin your search, organize and document your lineage and create an ancestral file. Bring your parents' and grandparents' full names and birthdates as well as where you obtained the information.

.....  
Mon., Oct. 5 – Nov. 9 (5 classes/no class Oct. 12), 7 – 9:30p.m. \$159. Facilitator: Deborah Jeans.

For all your registration needs! 737.7979

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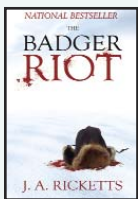
**New!**



Join us this fall as we discuss the work of three of this province's most distinguished authors. Then hear what the authors themselves have to say.

## Newfoundland Book Club

### The Badger Riot (J.A. Ricketts)



"In 1959, the small town of Badger was the centre of a labour confrontation that forever changed the social and political landscape of Newfoundland. For two and a half months, loggers had been striking for better wages and working conditions. Led by the International Woodworkers of America (IWA), the strike reached its climax when national and provincial police forces stormed the town in an attempt to break the impasse. *The Badger Riot* tells the story of the deadly melee that followed. This work of fiction captures for the first time the horror of a small community of people still reeling in shock from a tragedy that could have been prevented. The #1 selling book in Atlantic Canada for 2008".

.....  
~~Mon., Sept. 21~~, 7 – 9 p.m. \$22/session or \$59 for all.

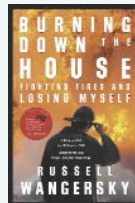
**Postponed to Mon., Oct. 5**

*Judy (Day) Ricketts was fourteen years old at the time of the International Woodworkers of America (IWA) Strike of 1959. A native of Badger, she, along with other schoolchildren, watched from the roadside as loggers and local authorities came together in a famous melee that effectively ended the strike. She believes that the children of the day never recovered from witnessing this terrible event in Newfoundland's history. Fifty years later, she knows that the emotions still run deep.*

– Compliments of Flanker Press

### Burning Down the House

(Russell Wangersky)



"Thousands of boys dream of becoming firefighters. Some get the chance, and for some of those, the dream becomes a nightmare. *Burning Down the House* is the story of Wangersky's eight-year career as a volunteer firefighter, an experience that wound up reaching into every facet of his life and changed the way he saw the world forever. Written in vibrant, luminous prose, the book traces his years from rookie to veteran firefighter and the toll it took on his personal life. Offering a rare glimpse into physical dangers and psychological costs of trying to save strangers' lives, Wangersky paints a harrowing and sometimes heartbreakingly vivid portrait of the fires, medical calls and automobile accidents that are the standard fare of the profession. Visceral and affecting, *Burning Down the House* is an insightful insider's account of the perilous world of firefighting and an unforgettable memoir of how, in finding his passion, Wangersky lost himself".

.....  
 Mon., Oct 19, 7 – 9 p.m. \$22/session or \$59 for all.

*Russell Wangersky is the editor of the St. John's "Telegram" in Newfoundland, his columns and editorials appear in newspapers across Canada. For Burning Down the House Wangersky won 2009 British Columbia's National Award for Canadian Non-Fiction and was shortlisted for the 2008 Writers' Trust Award for Non-Fiction. Wangersky's first collection of short stories, The Hour of Bad Decisions, was nominated for numerous awards including, most notably, the long list for the 2006 Giller Prize and the shortlist for the 2006 Commonwealth Writer's Prize.*

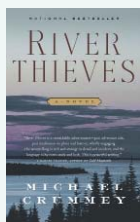
– Compliments of Thomas Allen



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**River Thieves** (Michael Crummey)



"In elegant, sensual prose, Michael Crummey crafts a haunting tale set in Newfoundland at the turn of the 19th century. A richly imagined story about love, loss and the heartbreaking compromises — both personal and political — that undermine lives, *River Thieves* is a masterful debut novel. To be published in Canada and the United States, it joins a wave of classic literature from eastern Canada, including the works of Alistair MacLeod, Wayne Johnston and David Adams Richards, while resonating at times with the spirit of Charles Frazier's *Cold Mountain* and Cormac McCarthy's *Border Trilogy*."

.....  
 Mon., Nov. 30, 7 – 9 p.m. \$22/session or \$59 for all.

*Michael Crummey was born in Buchans, a mining town in the interior of Newfoundland ("as far from the salt water as you can get and still be in Newfoundland"), second of four boys; he grew up there and in Wabush, another mining town near the Quebec border of Labrador. After completing a BA in English at Memorial St. John's, he moved to Kingston, ON, to pursue graduate work but dropped out before finishing his PhD. He has taught ESL in China and worked at the International Day of Solidarity with the People of Guatemala. Now the author of three books of poetry and a book of short stories as well as three novels, he lives in St. John's. His stories and poems have appeared in a wide range of magazines and anthologies, including twice in the League of Canadian Poets' annual contest anthology.*

– Compliments of Random House



It was a very good introduction to watercolours. I learned a lot!

Watercolours, Level 1, Fall 2008



**Visual and Performing Arts Academy**

**Introduction to Art**

Explore the worlds of drawing, painting through discussion and hands-on instruction. A great way to find your artistic niche and create your very own artwork using a variety of media!

.....  
 Tue., Sept. 22 – Oct. 27 (6 classes), 7 – 9:30 p.m. \$199 (some materials extra). Facilitator: Jim Maunder.

**Available in 2 sections!**

**Drawing, Level 1: Drawing for Beginners**

Drawing is the basis for all other visual art pursuits. You will be introduced to observation, proportion, light and shadow, shading, perspective and composition. Working with still life, you will learn to break old habits so you can draw what you see, not what you think you are supposed to see.

.....  
 • Section  
 Wed., Sept. 23 – Oct. 21 (5 classes), 7 – 9:30 p.m. \$179 (materials extra) Facilitator: Jim Maunder

• Section 2  
 Mon., Sept. 21 – Oct. 26 (5 classes/no class Oct. 12) 7 – 9:30 p.m. \$179 (materials extra). Facilitator: Julie Whalen

**Drawing, Level 2: Drawing Fundamentals**

*Drawing, Level 1 recommended.*  
 Using pencil and graphite stick on paper, you'll work through a succession of in-class and take-home assignments as you practice and develop a personal drawing style. You'll also be introduced to composition and more complex rendering techniques.

.....  
 Sat., Nov. 7 – Dec. 5 (5 classes) 2 – 4:30 p.m. \$179 (materials extra). Facilitator: Jim Maunder.

**Painting with Acrylics, Level 1**

*Drawing, Level 1 recommended.*  
 Through demonstration, discussion and individual practice using still life and photographic sources, you'll build your confidence and personal expression while learning to apply the principles of colour, texture, shape, composition and light.

.....  
 Tue., Nov. 3 – Dec. 1 (5 classes), 7 – 9:30 p.m. \$179 (materials extra). Facilitator: Jim Maunder.



**Watercolour for Beginners, Level 1**

*Drawing, Level 1 recommended.*

Learning basic watercolour techniques will quickly put you at ease with the medium. Special emphasis will be put on using your drawing skills to support your creative exploration of the genre.

.....  
Thu., Sept. 24 – Oct. 22 (5 classes), 7 – 9:30 p.m.  
\$179 (materials extra). Facilitator: Patricia Ryan.

**Watercolour for Beginners, Level 2**

*Watercolour for Beginners, Level 1 recommended.*

You'll continue to explore the techniques you acquired in level one. Emphasis will be on brush techniques, colour and composition. You'll work through a variety of applications of subject matter such as line, tone, colour, texture and form.

.....  
Thu., Nov. 5 – Dec. 3 (5 classes), 7 – 9:30 p.m. \$179  
(materials extra). Facilitator: Patricia Ryan.

**Florals in Pastel **New!****

*Some drawing experience recommended.*

Create vibrant and colourful or soft and subtle "paintings" of flowers using soft (chalk) pastels. You'll learn about colour, colour mixing, soft blending and sharp edges, and luscious backgrounds as you work from real flowers.

.....  
Mon., Nov. 2 – Nov. 30 (5 classes), 7 – 9:30 p.m.  
\$189 (materials extra). Facilitator: Jim Maunder.

**Life Drawing and Painting**

In this intensive, one-weekend offering, drawing will be your focal point for exploring techniques to strengthen your artistic work and as a basis for discussing the nature of art and the artistic life. You'll develop skills through demonstrations and in-class work (using a model) that will transfer to any medium.

.....  
Sat/Sun., Oct. 24 and 25 (1 weekend), 9 a.m. – 4 p.m.  
\$169 (model's fees included, materials extra).  
Facilitator: Gerry Squires.

**The Face: From Drawing to Watercolour**

*Some experience in portrait drawing recommended.*

Capture the subtleties and complexities of the human face in shadow, light and colour using this most expressive medium—working from male and female models in a respectful and encouraging at-

mosphere. Beginning with a refresher in portrait drawing, you will then learn all about colour, colour mixing, how to create soft blends and clean edges, highlights, shadows, beautiful skin tones, and backgrounds, while strengthening your understanding of portraiture.

.....  
Sat., Oct. 3 – 10 (2 classes), 9 a.m. – 4 p.m. \$169  
(model's fee included, materials extra). Facilitator:  
Gerry Squires.

**The Figure: From Drawing to Watercolour**

*Some experience in figure drawing recommended.*

Capture the subtleties and complexities of the human form in shadow, light and colour using this most expressive medium – working from male and female nude models in a respectful and encouraging atmosphere. Beginning with a refresher in figure drawing, you will then learn all about colour,

*cont'd on next page*

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## Coming in November...



A showcase of the work of students of the Division of Lifelong Learning's art program, Sir Wilfred Grenfell College's fine arts program and students who have successfully completed Education 3120 and/or 4120 at the St. John's Campus.

## Watch our website for details!

colour mixing, how to create soft blends and clean edges, highlights, shadows, beautiful skin tones, and backgrounds, while strengthening your understanding of the figure.

.....  
 Sat., Nov. 7 – 28 (4 classes), 9 a.m. – noon \$169 (models' fees included, materials extra). Facilitator: Gerry Squires.

## Photography

*It is recommended that you have a digital camera exceeding three million pixels, with adjustable shutter speed and lens aperture settings. You should also have a tripod and your camera manual.*

### Basic Digital Photography

If you've just acquired a digital camera or if you lack certainty in using the one you already own, this is the class for you! Learn how to use your camera's adjustable settings to take more beautiful pictures. You'll start with the basics and then quickly progress to more advanced shooting techniques and features, such as taking action shots, changing the ISO speed, setting the white balance and much more.

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- **Single-lens Reflex (SLR) Cameras**

Tue., Sept. 22 – Oct. 27 (6 classes), 7 – 9:30 p.m. \$189. Facilitator: Robert Young.

- **Point-and-Shoot Cameras**

Wed., Oct. 14 – Nov. 25 (6 classes/no class Nov. 11), 7 – 9:30 p.m. \$189. Facilitator: Geoff Ash.

### Family Fun Photography

Most of us have the traditional family portrait hanging on a wall: carefully posed and **exposed**, with the proper framing and background, which is fine, but what about well composed and technically sound family photographs showing your family being a family? Find out how to take great family photos that capture those impromptu memories "on location" and "in progress". **Note:** You will be photographing events in locations other than Robert's studio.

.....

Sat., Oct. 3 (1 class), 10 a.m. – 5 p.m. \$99. Facilitator: Robert Young.

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## Wellness & Lifestyles

### Promoting Positive Body Image and Self-Esteem in Your Teens **New!**

Everywhere you turn your teens are being bombarded with photographs of skeleton-thin models and commercials about the latest diets. The ideas those messages convey can give your teen(s) an unrealistic expectation of how they should look (body image) and is part of the rise in body-image fears that teen girls and boys are experiencing. Teen girls feel pressured to be smaller and thinner, guys feel pressured to bulk up and look strong. Don't let those pressures overwhelm them. Join members of the Body Image Network for an interactive session of fun learning experiences where the focus is on a sensible body image, media awareness and healthy living.

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Mon., Oct. 19 (1 class), 7 – 9:15 p.m. \$59. Facilitation through Body Image Network.

### Personal Protection Self-Defense Course **New!**

*For students of every level and ability.*

In today's ever-changing global climate, personal safety is becoming increasingly important. Protect yourself through increased awareness and avoidance strategies and de-escalation tactics. Preparedness is paramount. Learn what to do when these options fail by using simple self-defense techniques that work under a variety of real-life assault situations. You will build self-esteem, and confidence while learning self-protection.

.....

Wed., Sept. 30 – Nov. 25 (8 classes/no class Nov. 11), 7 – 9 p.m. \$169. Facilitator: Dan Longtin.

### Dance! Dance! Dance! Ages 18+

*Get active with our various styles of dance classes. If you love movement with music, our dance classes are a great way to incorporate a fun physical activity into your lifestyle. And whether you will be dancing for the first time or continuing an existing interest, our aim is for you to enjoy yourself!*

### Recreational/Beginner Hip Hop **New!**

This class is very upbeat and centered around physical activity. Beginning with a strengthening and conditioning warm-up and followed by choreogra-



phy, this Hip Hop style is made for beginners who enjoy moving to music. Music selections will have a broad range.

.....  
 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 6 – 7 p.m. \$79. Facilitator: Emily Keating.

**Recreational/Contemporary New!**  
*Previous experience in musical physical activity is recommended; e.g., dancing, gymnastics, figure-skating, but experience in contemporary style is not necessary.*

Contemporary style is interpreted in many different ways, depending on the choreographer. Emily's style is self-expressive, feel-good movement, taking inspiration from jazz and modern techniques. Music selections will be slow tempo, utilizing flexibility and core work to execute the choreography.

.....  
 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 7 – 8 p.m. \$79. Facilitator: Emily Keating.

**Performance/Hip Hop New!**  
*This performance class is for advanced dancers or those who have extended experience in musical movement; e.g., gymnastics, figure skating....*

Routines will be made for various performances, so choreography will be the main focus of each class. Each participant will be assumed to have basic technique to compliment the choreography. This class is fast-paced and full commitment will be expected.

.....  
 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 8 – 9 p.m. \$79. Facilitator: Emily Keating.

**Performance/Contemporary New!**  
*This performance class is for advanced dancers (general) or those who have extended experience in musical movement; e.g., gymnastics or figure skating.*  
 Choreography will be the main focus of each class, so basic technique will be expected of each participant. Routines will be choreographed for various performances; weekly full commitment is assumed.

.....  
 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 9 – 10 p.m. \$79. Facilitator: Emily Keating.

## Women & Wealth

### Financial Planning for Women

Many women today are in control of their own finances as well as their family's finances. A solid financial plan then, is essential for today's "super-women" who have to balance a career, family duties and social obligations. During the seminar, you'll look at various elements to consider when creating your financial plan including net worth, tax planning, pensions and benefits, investment planning, retirement income planning, risk management and estate planning.

.....  
 Wed., Sept. 30 and Oct. 7 (2 classes), 7 – 9 p.m. \$149. Facilitator: Andrea Stack.

### Investment Planning for Women

Investments play a major role in a woman's financial independence, and in today's turbulent economic environment, planning for a secure financial future is becoming increasingly more difficult. Andrea will help you take the mystery out of investing by working through investment planning alternatives and strategies to help make you master of your financial domain.

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 Wed., Oct. 14 and 21 (2 classes), 7 – 9 p.m. \$149. Facilitator: Andrea Stack.

## Writing

### Creative Writing, Level 1

Do you enjoy writing poetry or fiction? Even if you don't consider yourself a creative person, you'll discover sources of inspiration that will have you thinking and writing creatively. Through writing exercises, group discussion, suggested readings and critiques of participants' work, you'll learn to express everyday thoughts and feelings using unique and interesting written works.

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 Tue., Sept. 22 – Nov. 10 (8 classes), 7 – 9:30 p.m. \$199. Facilitator: Ed Kavanagh.

### Creative Writing, Level 2

*Creative Writing, Level 1, recommended.*  
 Develop a style of writing that is uniquely yours. Analyze your work to find ways to make your writing more creative. Through exercises and work-



## A Story for Aspiring Writers

Lifelong Learning's creative writing classes played an important role in J.A. Ricketts' development as a writer. Ricketts is the best-selling author of *The Badger Riot* (Flanker Press). In the earliest stages of her writing career, she took a Lifelong Learning creative writing class with Gordon Rodgers. In fact, the class was a gift to her from her daughter. "My whole family knew it was my dream to write," Ricketts said. During that class, she wrote a short story about the Badger riot which would go on to serve as the genesis for her best seller. "He (Rodgers) told me, 'you have a book there.'," Ricketts explained. In a follow-up class she did with him in the winter of 2006, he once again encouraged her to write the book. "You settle down and do that book," he told her. "What a wonderful person he was," Ricketts enthused. "I'll always credit Gordon and Lifelong Learners for bringing (the book) to the forefront."

**Join Judy Mon., Sept. 21, for a discussion of her book. See page 18 for details.**

shopping, you'll learn to rely on yourself, as opposed to outside sources, to write creative poetry, fiction and more.

.....  
 Thu., Sept. 24 – Nov. 12 (8 classes), 7 – 9:30 p.m.  
 \$199. Facilitator: Ed Kavanagh.

### Writing Children's Literature

*This course may be used by members of the Association of Early Childhood Educators of NL to satisfy continuing education requirements.*

An in-depth look at the craft of writing inviting children's literature. You are encouraged to bring your own stories to class for workshopping. The class will focus on general children's stories, picture books and young adult novels. There will be a strong emphasis on technique. Editing and the submission of completed work will also be covered. Both fiction and non-fiction work is welcomed.

.....  
 Wed., Sept. 23 – Nov. 18 (8 classes/no class Nov. 11),  
 7 – 9:30p.m. \$199. Facilitator: Ed Kavanagh.

### Creative Poetry **New!**

If you have a love for poetry, then this is the class for you. Whether you're a beginning poetry reader, a writer or someone looking to improve your poetry writing skills, this interactive class will allow you to love the art of poetry even more. This course will

allow you to expand your knowledge of reading, interpreting, and writing a variety of poetical forms.

.....  
 Wed., Sept. 30 – Nov 25 (8 classes/ no class Nov. 11),  
 7 – 9:30 p.m. \$199. Facilitator: Lee Butt.

### Making Comics: Creative Graphic Novels **New!**

Comics aren't just for kids! In recent years, comic books have once again captured public imagination thanks to movies based on characters such as Spider-Man and X-Men, and Batman. In this course you will learn the basic construction of graphic novels, including: panel layout, use of speech balloons, narrative boxes, onomatopoeia, and narrative elements such as story-arcs for larger comics or shorter "one-shot" and even one page comics. Through a variety of creative writing exercises and group discussion, students will share their ideas and work in an effort to expand their knowledge of the graphic novel form through creation of their own comic books.

.....  
 Mon., Sept. 28 – Nov 23 (8 classes/no class Oct. 12),  
 7 – 9:30 p.m. \$199. Facilitator: Lee Butt.

Your registration connection **737.7979**

 [www.mun.ca/lifelonglearning](http://www.mun.ca/lifelonglearning)

Our classes often fill quickly. Avoid disappointment. Register early.



## 55+ Learning Academy

### Computer Basics, Level 1

This is an uncomplicated introduction to the world of computers in a no-stress environment. Learn the language and the skills needed to use your personal computer. The course covers a variety of topics starting with turning on the system, proper mouse technique, how to personalize your computer and some basic word-editing tips.

.....  
Thu., Sept. 24 – Oct. 22 (5 classes), 10 a.m. – 12:30 p.m. \$139 (includes manual). Facilitator: Penny George.

### Computer Basics, Level 2

*Computer Basics, Level 1, recommended.*

With the skills learned in Level 1, this course will help you become even more comfortable with your computer. You'll learn how to manage files, use the control panel to add or remove programs as well as how to maintain your computer.

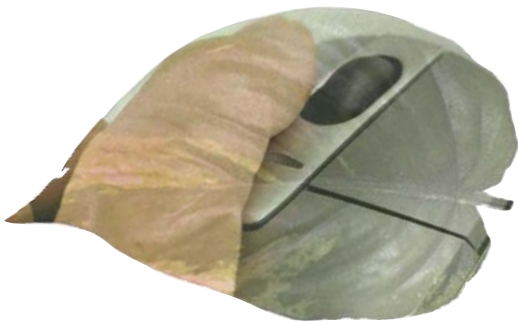
.....  
Thu., Oct. 29 – Nov. 26 (5 classes), 10 a.m. – 12:30 p.m. \$139. Facilitator: Penny George.

### Introduction to the Internet and E-mail

*A basic knowledge of computers is required.*

You'll soon be navigating the World Wide Web with confidence! You'll learn how to use a search engine to find your interests, complete online banking and keep up with current events. You'll also learn how to send and receive e-mail to keep in touch with family and friends.

.....  
Thu., Sept. 24 – Oct. 22 (5 classes), 2 – 4:30 p.m. \$139 (includes manual). Facilitator: Penny George.



### Introduction to Digital Cameras and to Photo Management

Learn how to use all those features on your digital camera that are there to help you take the photo you really want! Also learn how to use your computer to organize and manage your pictures, remove red-eye and even convert your images to black and white.

.....  
Thu., Oct. 29 – Nov. 26 (5 classes), 2 – 4:30 p.m. \$139. Facilitator: Penny George.

### Soups On!

Soup can be anything you want it to be, quick, hearty or light. It's perfect for feeding a crowd or a few for many meals. Once you've mastered the basics you can experiment endlessly with your favorite vegetables, beans and meats to make tasty soups in no time. Nothing beats homemade soup! And it's easier to make than you might think.

.....  
Tue., Sept. 22 – Oct. 6 (3 classes), 9 a.m. – noon, \$139 (materials included). Facilitator: Chef Bob Arniel.

### Bon Appetizers!

Appetizers come in all shapes and sizes. Join Chef Arniel for a fun-filled lesson in preparing a wide array of elegant appetizers that will be sure to impress! Then sample your own creations!

.....  
Tue., Oct. 27 – Nov 10 (3 classes), 9 a.m. – noon. \$139 (materials included). Facilitator: Chef Bob Arniel.



I found the course  
very beneficial seeing  
as I knew very little....  
Excellent teacher!



Computer Basics, 55+ Learning Academy, Winter 2009



[www.mun.ca/lifelonglearning](http://www.mun.ca/lifelonglearning)





**Also for our 55+ learners....  
Short, information-packed  
workshops with Penny George.**

**Workshop 1 - Printers**

Learn how to install a printer and output documents, including photos.

.....  
Fri., Oct. 2 (1 class), 2 – 4:30 p.m.

**Workshop 2 – Burners**

Learn how to backup your files, create a music CD or burn a DVD of all your pictures.

.....  
Fri., Oct. 9 (1 class), 2 – 4:30 p.m.

**Workshop 3 – MP3 Players or I-Pods**

Learn how to download music and create play lists you can take your music with you.

.....  
Fri., Nov. 6 (1 class), 2 – 4:30 p.m.

**Workshop 4 – Web Cams**

Find out how to use a web cam to keep up with family and friends.

.....  
Fri., Nov. 13 (1 class), 2 – 4:30 p.m.

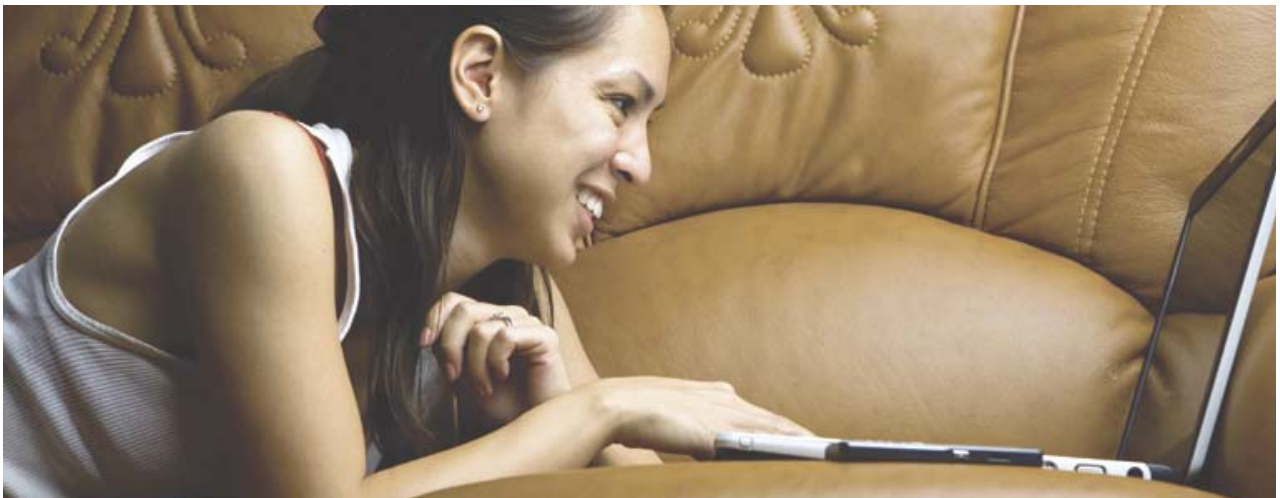
**Workshop 5 - Digital Picture Frames**

Learn how to use today's newest technology for viewing your pictures.

.....  
Fri., Nov. 20 (1 class), 2 – 4:30 p.m.

**\$35 per workshop  
or \$139 for all 5.**

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Now, through Lifelong Learning's **e-learning service**, you have access to a wide range of non-credit personal and professional development courses in such areas as information technology, project management, interpersonal communications, change management, customer

service and supervisory skills. The courses are rich in content with lots of activity-based learning. **And no formal admission to Memorial is required.** It's learning you do at your own pace, in your own space, wherever you have access to the Internet. **Tel.: 1-866-959-8474.**

A shared learning experience is the best learning experience. Invite a friend or colleague to register with you.

