



Lifelong Learning Program

SPRING 2023



Thank You to Our Sponsors!

The Lifelong Learning Program at East Carolina University® (ECU) offers adults affordable learning experiences in a relaxed atmosphere, without entrance requirements, exams, or grades. Our purpose is to connect, engage and inspire the eastern North Carolina community by providing interesting and enriching courses, workshops, and lectures, stimulating speakers, enjoyable trips, and more!

Sponsors of the ECU Lifelong Learning Program reach our audience of retired community members, educators, and community influencers who are intensely loyal to community engagement, educational enrichment, and lifelong learning. Your support allows us to keep the high-quality, low-cost cultural programming vibrant and secure for the Eastern NC community!

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Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least 48 hours prior to the event at 252-737-1018/ada-coordinator@ecu.edu.

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ECU Lifelong Learning



ECULifelongLearning

Welcome to the Lifelong Learning Program at **EAST CAROLINA UNIVERSITY!**

Greetings!

Welcome to ECU's Spring 2023 Lifelong Learning Program (LLP)! East Carolina University's motto is to serve our region; our Lifelong Learning Program serves the community by offering affordable learning experiences in a relaxing atmosphere, without entrance requirements, exams, or grades. Participants are encouraged to tap into the rich intellectual and cultural resources of the University, area experts, and talented peers who are willing to share with you their expertise and valuable insight. This gateway to learning will also provide a setting for making new friends and developing new social networks with people from different walks of life.

LLP members and volunteers make this program special; we appreciate your shared time, knowledge, and enthusiasm working with our team and program. We would like to thank our members for your continued participation and welcome new members, friends, and family. We hope you will consider joining the LLP community by engaging with us through courses, volunteerism, and social networking. To that end, we have exciting courses, trips, and special events for everyone to consider. This spring we offer 20 face-to-face courses, and seven special events and trips. Our course selection will immerse you in culture, history, science, religion, and an exciting return to creative arts to stimulate your mind and keep you engaged.

As we kickoff this spring semester, we will also start planning programming for Fall 2023. The continued success of our program depends on our members and volunteers participating in the courses, trips, and events we offer. Whether you have talent or interest that you would like to share as an LLP instructor, or suggestions on how to grow membership, please reach out to our team by email or phone. We encourage everyone to visit our website to make course and instructor suggestions: llp.ecu.edu, click **Propose a Course**. Thank you for your continued support and engagement with this program. We look forward to being a part of your desire to continue Lifelong Learning!



Meet the Team!



Annette Kariko
Director
Continuing &
Professional Education



Heather Payne
University Program
Specialist



Zendré Bell
Administrative Support
Associate

Table of CONTENTS

03	CREATIVE ARTS
05	CULTURE & RELIGION
06	HEALTHY AGING & RETIREMENT
07	HISTORY, SCIENCE & GOVERNMENT
08	TECHNOLOGY
09	LITERATURE
10	SPECIAL EVENTS & TRIPS
16	MONTH-AT-A-GLANCE
20	CLASS LOCATIONS, ZOOM & PARKING
21	A SPECIAL THANK YOU
22	THE LIFELONG LEARNING PROGRAM & YOU
23	REGISTRATION FORM



Art Quilting at the Greenville Museum of Art (GMOA)

Instructor: Marie Hamra

Code: LLPGMOAQUILTS23

Register By: 02/10/23



This class is a focused introduction to art quilting led by Marie Hamra at the Greenville Museum of Art's Education Building. You will create a memorial or family quilt pattern through different techniques such as applique, embellishments, and other quilting methods that allow room for creative exploration and reflection. You will be able to leave with a customized art quilt that will have a lifetime full of memories. This class serves all skill levels, but students should be comfortable using sharps and learning how to use a sewing machine. To keep prices low, accessible, and to make quilts fully customizable we will ask learners to buy their own materials. GMOA will create a supply sheet with a list of materials needed for class. The supply sheet will be provided before this class begins.

Member: \$25 (LLP and GMOA members) / Non-Member: \$35

Day: Fridays	Dates: 02/17, 02/24, 03/03, 03/10	Time: 1pm-3:30pm	Location: Greenville Museum of Art
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Program Music: Music That Tells a Story

Instructor: Andrea Peters

Code: LLPMUSICS23

Register By: 03/15/23

Program music is music that tells us a story or was inspired by art or nature. This course will give participants the opportunity to listen to and appreciate examples from the Renaissance, Baroque, Classical, Romantic, and Modern periods. This class is for you if you want to listen to "new to you" selections or a familiar piece of music at a deeper level.

Member: \$10 / Non-Member: \$20

Day: Wednesday	Date: 03/22	Time: 2pm-3:30pm	Location: ECU Willis Auditorium
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Origami and Meditative Patterns

Instructor: Annette Brooks

Code: LLPORGPATS23

Register By: 01/25/23

Have you ever wanted to learn the ancient art of origami? Join us in this workshop to learn how to fold simple to moderately difficult animals out of paper. Once you have created your origami animal, you will then be able to enhance it with drawn on patterns that require focus giving this experience an almost meditative feel.

Member: \$35 / Non-Member: \$45

Location:

Day: Wednesdays	Dates: 02/01, 02/08, 02/15, 02/22, 03/01	Time: 10am-11:30am	Location: ECU Willis Conference Room
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CREATIVE ARTS

Creative Card Making

Instructor: Suzie Shelton

Code: LLPGRCRDS23

Register By: 03/16/23

We all need cards for various life occasions, and they have become costly. Learn how to make high quality cards yourself with a little time and instruction! This knowledge will last a lifetime and a skill you can pass on and share with others! Show you care and stay connected!

Member: \$30 / Non-Member: \$45

Days:

Thursday & Friday

Dates:

03/23, 03/24

Time:

1pm-3pm

Location:

ECU Willis Conference Room

Hot Process Soap Making

Instructor: Gwen Lee-Tyson

Code: LLPSOAPS23

Register By: 04/05/23



This course will explore the history of soap making and the four methods of completing this task. This is a two-day course. On the first day, we will make a batch of unscented lye soap. The batch will cure overnight to harden properly. On day two, students will complete the soap-making process and leave with their finished product! Safety and the benefits of homemade soap will be discussed. Please wear long sleeves and closed-toe shoes. This class is limited to the first 6 people who register.

Member: \$20 / Non-Member: \$35

Day, Date & Time:

Wednesday 04/12 at 10am-1pm | Thursday 04/13 at 10am-12pm

Location:

Willis Building Kitchen

Stories of the Monasteries

Instructor: Calvin Mercer

Code: LLPREMONS23

Register By: 02/14/23

What about living in a drab compound, where your schedule is set by others, your movement outside the compound is restricted, and you work hard for no pay? Sounds like prison. Why would anyone choose this life? I've spent time in Hindu, Thai, Trappist, and Zen monasteries in the US and other countries. I'll tell stories—some funny, all poignant—about monks and monasteries. I'll also tell you about almost getting beaten in the Zen monastery. The stories yield insight into deep and diverse spiritual paths.

Member: FREE / Non-Member: \$10

Day:	Date:	Time:	Location:
Tuesday	02/21	10:30am-12pm	ZOOM

The Expanding Universe: The Human

Instructor: Barbara Glatthorn

Code: LLPEUS23

Register By: 04/03/23

This course is a sequel to the Universe Story. It will pick up “the story” with a focus on the human. We will consider the origin of some of our basic body parts and then acquaint ourselves with our immediate hominoid ancestors: Lucy (about 4-6 million years ago), Homo habilis (2 to 1.65 million years ago), Homo erectus (1.5 to 1.9 million years ago), Neanderthals (40,000 years ago). Our goal is to develop a better appreciation of our origins, our evolutionary history, so that we have a better understanding of our proper place in the Universe as humans (Homo Sapiens - 300,000 years ago to the present).

Member: \$10 / Non-Member: \$20

Day:	Dates:	Time:	Location:
Mondays	04/17, 04/24, 05/01	1pm-3pm	Willis Auditorium

What is Islam All About?

Instructor: Maliha Farhadi

Code: LLPISLAS23

Register By: 03/07/23

This course introduces the religion of Islam in historic and contemporary perspectives. Participants will learn the basic terms of Islamic jurisprudence, leading them to an understanding of Islam and the beliefs and practices of Muslims. Course topics will include reasons for understanding Islam, the life and ministry of Muhammad, the Qur'an, the central beliefs and principal practices, status of women in Islam, Muslim community in history, Muslim personal and communal life, and diversity in Islam.

Member: \$10 / Non-Member: \$20

Day:	Dates:	Time:	Location:
Tuesdays	03/14, 03/21, 03/28	10am-12pm	Willis Conference Room

HEALTHY AGING & RETIREMENT

Caregiving Years: Six Stages to a Meaningful Journey

Instructor: Carolyn McGinn

Code: LLPCARES23

Register By: 02/23/23

Did you know that just as diseases have stages, your caregiving journey also has stages? Want to know more? You'll learn about the 6 stages of caregiving, a coping strategy for each stage, and what stumbles we tend to make along the way. You'll also learn a steady for each stumble. Bring pen and paper. We're going to do some work - as well as have some fun! You'll meet with other caregivers who are walking this journey. You are not alone!

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Thursday	03/02	9am-11am	Willis Auditorium

Joy Comes in the Mourning Series

Instructor: Charetta Walls

Code: LLPGRIEFS23

Register By: 03/28/23

Grief is universal. No two people will grieve in the same form or fashion. As you are dealing with grief, this session will help you move through the various stages of grief to find a new you. This session is designed to help find joy in the mourning.

Member: \$20 / Non-Member: \$30

Day:	Dates:	Time:	Location:
Tuesdays	04/04, 04/18, 04/25	1pm-2pm	Willis Auditorium

All Things Aging

Instructor: Tamyra Jovel & Panel Presenters

Code: LLPALLAGES23

Register By: 03/29/23

Planning for your future needs is a hard task because you never know how your needs might change. The first step is to think and learn about the kinds of services and resources available to help you age well in the home for as long as possible. If you live alone, who is available to help you? Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation. If you're a caregiver for an older adult, learn how you can get the support you and your care recipient need.

During the *All Things Aging* panel discussion you will hear from experts in areas related to senior services, levels of care, geriatric medical services, the importance of remaining socially active, social services for older adults, hospice care, and caregiving. Ample time will be available to ask questions of and speak with the experts.

Member: \$5 / Non-Member: \$5

Day:	Date:	Time:	Location:
Wednesday	04/05	9am-12pm	Willis Auditorium

History of the Blackland Farms in Eastern NC

Instructor: Rod Gurganus

Code: LLPFARMS23

Register By: 01/30/23

A lot was going on in the late 1960s in the Blackland Farms of Eastern North Carolina. The economics were favorable for expanded development of the high organic soils found throughout the region. Small individual landowners to large corporations were clearing and developing thousands of acres for agriculture. A tremendous economic expansion was taking place and the future looked bright. The farms were within a day's ride of almost all the major cities on the East Coast. The Blackland Farms of Eastern North Carolina were the perfect place to replace acres lost to roads, housing, shipping centers and airports in other parts of the United States. Join Rod Gurganus, Beaufort County Extension Director to learn more about this incredible time in history.

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Monday	02/06	10am-11:30am	Willis Auditorium

Mapping Eastern NC

Instructor: George Mewborn

Code: LLPMAPS23

Register By: 02/21/23

The story of North Carolina has been recorded and interpreted by a variety of historians over the past four centuries. They have written about the native inhabitants of the region, the explorers and settlers who came to these shores, the social and political operatives who organized the colony and later state, and the many colorful characters who have participated in the evolution of our "Vale of Humility between two Mountains of Conceit." This class will consider a group of recorders and interpreters who are largely ignored: the mapmakers--cartographers, geographers, topographers, artists, draftsmen, publishers--whose work provides a fascinating view of North Carolina's history. Participants will view and discuss a variety of historic maps that tell North Carolina's story with a focus on the eastern region of the state and its unique geography, place names, and history.

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Tuesday	02/28	10am-11:30am	Willis Auditorium

Maritime Archaeology: Battle of the Atlantic and WW2 Shipwrecks

Instructor: John McCord

Code: LLPCSHIPS23

Register By: 03/21/23

The Outer Banks of North Carolina is known as the Graveyard of the Atlantic due to the numerous ships that have come to rest in the waters off our coast. Coastal Studies Institute's Assistant Director of Engagement and Outreach has explored a few of these shipwrecks. In this hour and a half course, the story of these shipwrecks will be told through images from John's dives and dives of other researchers. Come join us to learn more about why it's the Graveyard of the Atlantic and what shipwrecks lie off our coast.

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Tuesday	03/28	1:30pm-3pm	Willis Auditorium

HISTORY, SCIENCE & GOVERNMENT

Mob Mentality: A Tragic Case of Castration

Instructor: Wayne Peel

Code: LLPMOBS23

Register By: 03/23/23

In late March of 1925, Mr. Joseph Needleman was kidnapped from the local jail in Martin County and castrated by a mob of local citizens. Mr. Needleman was Jewish and falsely accused of rape. In this workshop, we will explore the events that led up to this shocking assault including the influence and impact of antisemitism and hate groups like the KKK.

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Thursday	03/30	9:30am-11:30am	Willis Auditorium

TECHNOLOGY

How Wireless Internet Works in Your Home

Instructor: Richard Langley

Code: LLPWIRES23

Register By: 04/07/23

In today's age, having internet is critical to enjoying all the benefits of the newest gadgets; however, it can be incredibly frustrating when it doesn't work correctly. This exciting course will cover the differences between the three leading internet providers (Centurylink, Optimum, Metronet), how WiFi works, the best equipment to use, and how to always get the best connection at home. At the end of this course, there will be a question-and-answer portion to any tech-related questions.

Member: \$10 / Non-Member: \$20

Day:	Date:	Time:	Location:
Friday	04/14	10am-11am	Willis Auditorium

Memoir Writing

Instructor: Gloria Schwartz

Code: MLWS23

Register By: 01/27/23

Memoir writing can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will read and discuss your story. Come receive feedback from others in the group and be given a lesson and prompts to help with your writing. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others who have similar interests in writing their memoirs and sharing stories.

MEMBERS ONLY: \$40

Day: Mondays	Dates: 01/30, 02/13, 02/27 03/13, 03/27, 04/10, 04/24, 05/01	Time: 9:30am-12pm	Location: Willis Conference Room
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Women's Book Club

Instructor: Linda Mayne

Code: WBKSS23

Register By: 01/31/23

Attention all book-lovers! Have you ever read a book and longed to have someone to talk to about it? Well, here is your chance to do just that! Join this Women's Book Club and come prepared to discuss a different book each month. Being part of the group gives members the opportunity to make new friends and expand the scope of your reading. The first book for the spring semester will be "The Murmur of Bees," by Sophia Segovia.

MEMBERS ONLY: \$5

Day: Tuesdays	Dates: 02/07, 03/07 (offsite), 04/04	Time: 10am-11:30am	Location: Willis Conference Room
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Return to the South: Reviews of Southern Literature

Instructor: Vivian Mott

Code: LLPSOUTHLITS23

Register By: 02/16/23

Southern literature is iconic, often touching, and sometimes humorous or sad. Return to the South will continue a review and discussion of iconic southern literature. This discussion group will examine southern literature and authors from the standpoint of common themes, rich descriptions, the role of picturesque settings of mountains to the shore, and ways in which memorable characters are built. A list of suggested authors and books will be provided.

Member: \$10 / Non-Member: \$20

Day: Thursdays	Dates: 02/23, 03/09, 03/23, 04/06	Time: 10am-11:30am	Location: Willis Conference Room
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SPECIAL EVENTS & TRIPS

Pocosin Lakes National Wildlife Refuge and Pungo Lake Guided Tour | Tundra Swan Migration

Friday, January 20th

Code: LLPPOCOSINS23

A wintertime visit to Pocosin Lakes and Pungo Lake is a magical experience during the migratory season. This tour will explore vast open spaces and cypress-ringed lakes filled with birds and wildlife, with the calls of thousands of **tundra swans and snow geese**. Birders and wildlife viewers will delight in seeing rare species such as Short-eared Owls or Red Wolves.

Pocosin Lakes National Wildlife Refuge (NWR) conserves one of the country's largest wetland restoration projects - a rare type of wetland habitat, known as "pocosin," derived from a Native American word meaning "swamp on a hill." The refuge encompasses vast acres of natural wetlands, including unique peat wetlands, open lake water, upland pine forests, and managed agricultural units that provide high-energy food for waterfowl. More than a hundred thousand ducks, geese, and swans congregate on the refuge in winter, and the refuge supports one of the densest populations of black bear ever reported.

This tour will include a bus ride to the two lakes, you will be able to step off the bus take pictures and enjoy the swans and other migratory birds in their natural habitat. These are natural habitat locations, please be mindful- the terrain may not be dry, level-ground. Our tour bus will have a bathroom, however the NWR does not have restroom facilities.

After a morning tour viewing these majestic creatures in their natural habitat, we will take a short drive to Belhaven to enjoy lunch at a local restaurant before returning to campus. Bring a camera, waterproof shoes, a jacket, hat, and gloves.



Trip Itinerary

- 7:00am • Meet at the ECU Willis Building
- 7:15am • Depart for Pocosin Lakes National Wildlife Refuge
- 8:15am • Bus Tour on the NWR
- 12:15pm • Depart for Belhaven
- 12:30pm • Lunch on own
- 1:30pm • Depart for ECU Willis Building
- 2:30pm • Arrive at the ECU Willis Building

Early Registration: Members \$75 (by 12/23)

Regular Registration: Members \$85 (12/23-01/06)

Non Members \$85

Visit the Park Website: <https://www.fws.gov/refuge/pocosin-lakes>

The GlasStation Glass Blowing and Ceramic Wheel Throwing Demonstrations | Farmville Trip

Friday, February 3rd

Instructors: Mike Tracey & Julienne Beblo

Code: LLPGLASS23



Special Trip to ECU's GlasStation. During the demonstration you will watch the resident glass artist create a glass object or figurine. You will learn about the history of glass making and techniques that are used for glass blowing. Utilizing molten glass gathered (dipped) from the GlasStation's furnace, the instructor will apply color to the glass creation, blow a bubble through a pipe to form the piece, and use glass-making tools to pinch, pull, twist, twirl, and form molten glass into a design. The glass will be heated in a 2100-degree furnace as the object takes shape.

During the ceramic demonstration you will see clay pottery being thrown on the wheel. The instructor will share information about techniques and tools used to create common forms on the wheel. You will see examples of clay pots at different stages of the pottery process. Additionally, you will learn about creation processes and historical connections to clay.

This trip is space limited; maximum of 20 people may join us.

Trip Itinerary

- 9:15am • Meet at the ECU Willis Building
- 9:30am • Depart for The GlasStation
- 10:00am • Glass Blowing Demo
- 11:00pm • Wheel Throwing Demo
- 12:00pm • Lunch on own
- 12:30pm • Depart for ECU Willis Building
- 1:00pm • Arrive at the ECU Willis Building

Location: Meet at the ECU Willis Building
Early Registration: Members \$75 (by 01/06)
Regular Registration: Members \$85 (01/06-01/20)
Non Members \$85

SPECIAL EVENTS & TRIPS

Advance Care Planning: Thinking About Your Future Health Care and Comfort

Instructors: Vicki Dougherty and Mary Lou Infinito

Code: LLPADVANCES23

Lunch & Learn: Friday, February 10th, 11:30am-1:00pm

Workshops follow on Friday: February 24th & March 10th, 10:30am-12:00pm

Let's start the discussion about Advance Care Planning together at this special Lunch and Learn event with Vicki T. Dougherty and Mary Lou Infinito. If you are over 18, you should have an end-of-life plan; do you? What kind of care would you like? Who should be involved in decision making about your health in case of an emergency? Who would you like to make decisions about your care on your behalf? And why is it so hard to talk about this?

All of these questions are a part of an essential empowerment process that you will not want to miss. Participants will have the unique chance to learn more and select topics of interest which will be expanded upon in the two follow up workshops. You'll also have the opportunity to complete two essential forms: Health Care Power of Attorney and a Living Will.

Lunch will be provided on Friday, February 10th

Early Registration: Members \$25 (by 01/13)

Regular Registration: Members \$35 (01/13-01/27)

Non Members \$35

"Too many times we look at Advance Care Planning as something negative and sad, however it is one of the most loving things any of us can do for our family and friends! This session will help you to view Advance Care Planning from a positive perspective, as well as give you the resources and hands on ability to complete your Planning during the follow-up workshops. This is one of the most important sessions you will ever attend!"

- Alice Keene

Valentine's Day Wine Tasting at Firefly Wine Shop

Tuesday, February 14th

Instructor: Brenda Drake

Code: LLPWINES23



Treat your yourself to fun filled Valentine's Day wine tasting event. You'll enjoy a flight of wine paired with chocolates and a lovely charcuterie board. Sommelier Brenda Drake will share her love for wine with you at Firefly Wine Shop. Bring a friend, a date, or enjoy this event with LLP friends!

Time: 3:30-4:30pm

Location: Meeting at Firefly Wine Shop

3110 S. Evans St. Greenville, NC 27834

Early Registration: Members \$20 (by 01/17)

Regular Registration: Members \$30 (01/17-02/07)

Non Members \$30

**Tour: Life Sciences and Biotechnology Building & Eastern Region
Pharma Center (ERPC) | The Future of Pharma is Here**

Friday, February 17th

Code: LLPERPCS23



Pharmaceutical research and manufacturing are a thriving industry in our region and state. East Carolina University is at the forefront of meeting the needs of this industry through education, research, and partnership.

The Eastern Region Pharma Center, housed in ECU's new Life Sciences and Biotechnology building, is supported through funding from the Golden Leaf Foundation and the university. Working in partnership with 15 pharmaceutical companies and five regional community colleges, the center is a leader in workforce development for this growing industry.

Time: 9:00-11:00am | Location: Meeting at the Life Sciences and Biotechnology Building

Early Registration: Members \$75 (by 01/20)

Regular Registration: Members \$85 (01/20-02/10)

Non Members \$85

Davenport and Son Farm | Pactolus

Friday, March 24th

Code: LLPFARMTRIPS23

Today, North Carolina's agriculture industry, including food, fiber, and forestry contributes around \$76 billion to the state's economy. North Carolina is number one nationally in the production of tobacco and sweet potatoes and in 2017 had more than 50,200 farms.

Lawrence Davenport of Davenport and Son Farm is a fifth-generation farmer right here in Pitt County. Our group will enjoy a tour of the farm, see some of the equipment used, hear about the processes for planting and harvesting, and possibly even see the seed facility. After the tour, Mr. Davenport and Mitch Smith of the Pitt County Center of the NC Cooperative Extension will talk to you more about the history of farming, small family farms and the changes in farming today. You will also learn about the business side of farming, how it shapes eastern NC's economy, the major crops grown in eastern NC and the future of farming.

Location: Meet at the ECU Willis Building

Early Registration: Members \$60 (by 02/24)

Regular Registration: Members \$80 (02/24-03/10)

Non Members \$80

Trip Itinerary

- 8:45am • Meet at Willis Building to board the bus
- 9:00am • Depart for Davenport and Son Farm
- 9:30pm • Tour and presentation on the farm
- 11:30pm • Depart for ECU Willis Building
- 11:45pm • Arrive at ECU Willis Building

Pysanky Ukrainian Egg Workshop

Friday, March 31st, 1pm-4pm

Instructor: Andrea Kulish

Code: LLPPYSANKYS23



In this workshop we will be making beautiful Ukrainian Easter eggs - pysanky. You will learn the method of batik dying also called wax-resist. You will also become familiarized with the wide range of Ukrainian folk art traditional patterns, designs and symbols, and their history. The designs are made with beeswax which is melted in the flame of a candle and applied to the egg using a tool called a kistka. The eggs are dipped into successively darker dyes. At the end of the process the beeswax is melted off to reveal the beautiful and colorful design. You may use the traditional patterns, or freestyle and make up your own design. Pysanky are fun, relaxing, and meditative to create. We will also talk about the symbols, which are all good wishes for good health, long life, strength and protection, and other good things. Bring a friend and share this special workshop with the Lifelong Learning Program and our partner, Friends of the School of Art and Design!

Location: ECU Willis Auditorium

LLP Member: \$85

Non-Member: \$100

Friends of the SoAD: \$85



Explore Sylvan Heights Bird Park | Scotland Neck

Friday, April 28th

Code: LLPSYLVS23



Discover the world's largest collection of rare and endangered waterfowl. Sylvan Heights Bird Park is designed for an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world. The 18-acre facility features spacious walk-through aviaries displaying birds from South America, North America, Europe, Africa, Asia, and Australia. The aviaries are surrounded by tranquil gardens and lush natural areas, which enhance the beauty of the birds on exhibit and immerse visitors in native North Carolina wildlife habitat.

Our group will receive a private tour with guide, exploring the park as we learn about ornithology, specifically the physiological traits that distinguish birds from other animals. We will discuss how structural and behavioral adaptations allow birds to be uniquely adapted to take advantage of habitats across the globe. We will also hear about the history of Sylvan Heights and learn about conservation and research projects conducted at the park and around the world.

Your group will have plenty of time to take photos and feed the birds!

Trip Itinerary

- 11:15am • Meet at the ECU Willis Building
- 11:30am • Depart for Sylvan Heights Bird Park
- 12:30pm • Lunch on own
- 1:00pm • Private Tour
- 2:30pm • Feed the birds & Visit the Shop
- 3:00pm • Depart for ECU Willis Building
- 4:00pm • Arrive at the ECU Willis Building

Visit the Park Website: <https://www.shwpark.com>

Location: Meet at the ECU Willis Building

Early Registration: Members \$75 (by 03/31)

Regular Registration: Members \$85 (03/31-04/14) | Non Members \$85



MONTH AT A GLANCE

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16 UNIVERSITY CLOSED	17	18	19	20 TRIP: Pocosin Lakes National Wildlife Refuge and Pungo Lake Guided Tour 7am-2:30pm	21
22	23	24	25	26	27 LLP Kickoff 1-4pm	28
29	30 Memoir Writing 9:30am-12pm					

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Origami & Meditative Patterns 10-11:30am	02	03 The GlasStation Glass Blowing & Ceramic Wheel Throwing Demo 9:15am-1pm	04
05	06 History of the Blackland Farms in Eastern NC 10-11:30am	07 Women's Book Club 10-11:30am	08 Origami & Meditative Patterns 10-11:30am	09	10 Lunch & Learn: Advance Care Planning: Thinking About Your Future Health & Comfort 11:30am-1pm	11
12	13 Memoir Writing 9:30-12pm	14 Valentine's Day Wine Tasting at Firefly Wine Shop 3:30-4:30 pm	15 Origami & Meditative Patterns 10-11:30am	16	17 Tour: Life Sciences & Biotech Bldg & ERPC 9-11am Art Quilting GMA 1-3:30pm	18
19	20	21 Stories of the Monasteries 10:30-12pm	22 Origami & Meditative Patterns 10-11:30am	23 Return to the South: Reviews of Southern Literature 10-11:30am	24 Workshop: Advance Care Planning: Thinking About Your Future Health Care & Comfort 10:30-12:00pm Art Quilting GMA 1-3:30pm	25
26	27 Memoir Writing 9:30-12pm	28 Mapping Eastern NC 10-11:30am				

MONTH AT A GLANCE

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Origami & Meditative Patterns 10-11:30am	02 Caregiving Years: 6 Stages to a Meaningful Journey 9-11am	03 Art Quilting GMoA 1-3:30 pm	04
05	06 ECU SPRING BREAK	07 ECU SPRING BREAK Women's Book Club 10-11:30 am (offsite)	08 ECU SPRING BREAK	09 ECU SPRING BREAK Return to the South: Reviews of Southern Literature 10-11:30 am	10 ECU SPRING BREAK Workshop: Advance Care Planning: Thinking About Your Future Health Care & Comfort 10:30-12:00pm Art Quilting GMoA 1-3:30pm	11
12	13 Memoir Writing 9:30-12pm	14 What is Islam All About? 10-12pm	15	16	17	18
19	20	21 What is Islam All About? 10-12pm	22 Program Music: Music That Tells a Story 2-3:30 pm	23 Return to the South: Reviews of Southern Literature 10-11:30 am Creative Card Making 1-3pm	24 Davenport and Sons' Farm Tour 8:45-11:45 am Creative Card Making 1-3pm	25
26	27 Memoir Writing 9:30-12pm	28 What is Islam All About? 10-12pm Maritime Archaeology 1:30-3pm	29	30 Mob Mentality: A Tragic Case of Castration 9:30-11:30am	31 Pysanky Ukrainian Egg Workshop 1-4pm	

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04 Women's Book Club 10-11:30am Joy Comes in the Mourning Series 1-2pm	05 All Things Aging 9-12pm	06 Return to the South: Reviews of Southern Literature 10-11:30am	07 UNIVERSITY CLOSED	08
09	10 Memoir Writing 9:30-12pm	11	12 Hot Process Soap Making: 10-1pm	13 Hot Process Soap Making: 10-12pm	14 How Wireless Internet Works in Your Home 10 am-11am	15
16	17 The Expanding Universe: The Human 1-3 pm	18 Joy Comes in the Mourning Series 1-2pm	19	20	21	22
23	24 Memoir Writing 9:30-12pm The Expanding Universe: The Human 1-3pm	25 Joy Comes in the Mourning Series 1-2pm	26	27	28 Explore Sylvan Heights Bird Park Trip 11:15-4pm	29
30						

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 Memoir Writing 9:30-12pm The Expanding Universe: The Human 1-3pm	02	03	04	05 ECU COMMENCEMENT	06

CLASS LOCATIONS & PARKING INFORMATION

Zoom Courses

Registrants will receive an email from LLP the week the course starts which will include login instructions and a link to the Zoom meeting.

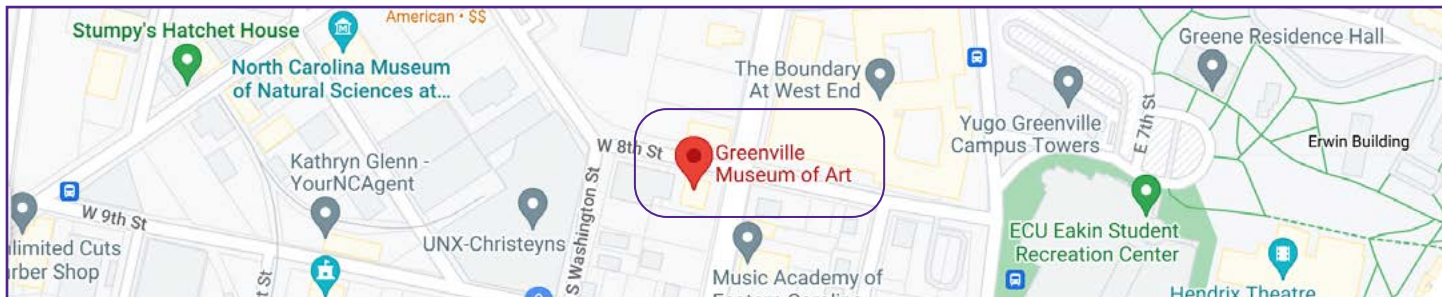
Willis Building on ECU's Campus: 300 E 1st St, Greenville, NC 27858

The Willis building is located across from the Greenville Town Commons playground. The Willis parking lot is located just off Reade St. (one way). The Willis Building entrance is located on the parking lot side of the building (not the First Street side of the building).



Greenville Museum of Art (GMOA): 802 Evans St, Greenville, NC 27834

Complimentary parking is available in the GMOA parking lot.



Life Sciences and Biotechnology Building on ECU Campus: 101 E 10th St, Greenville, NC 27858



Firefly Wine Shop: 3110 S. Evans St. Greenville, NC 27834



A SPECIAL THANK YOU!

Program Partners

The Coastal Studies Institute
Davenport and Son Farm
Eastern Region Pharma Center (ERPC)
Firefly Wine Shop
The GlasStation
The Greenville Museum of Art

Joyner Library
Mid-East Commission Area Agency on Aging
NC Agromedicine Institute
NC Cooperative Extension
Pocosin Lakes National Wildlife Refuge
Sylvan Heights Bird Park

Curriculum Committee

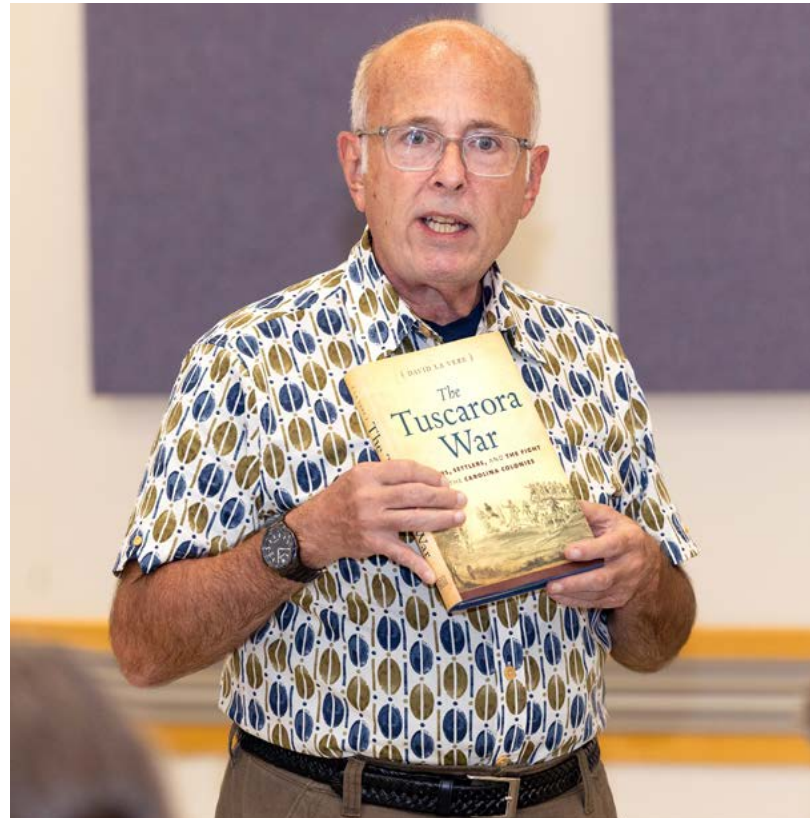
Phil Bullock	Vivian Mott
Patricia Dunn	Gloria Schwartz
Maliha Farhadi	Patricia Teasdale
Barbara Glatthorn	Nell Garner
Tamyra Jovel	

Events Committee

Mary Hall	Andrea "Cookie" Thompson
Alice Keene	Jill Schaller

Instructors/Coordinators

Julienne Beblo	Linda Mayne
Annette Brooks	John McCord
Lawrence Davenport	Carolyn McGinn
Vicki Dougherty	Calvin Mercer
Brenda Drake	George Mewborn
Maliha Farhadi	Vivian W Mott
Barbara Glatthorn	Wayne Peel
Rod Gurganus	Ariane L. Peralta
Marie Hamra	Andrea Peters
Mary Lou Infinito	Gloria Schwartz
Tamyra Jovel	Suzie Shelton
Andrea Kulish	Mitch Smith
Richard Langley	Mike Tracey
Gwen Lee-Tyson	Charetta Walls
Loren Limberis	



THE LIFELONG LEARNING PROGRAM & YOU!

The Lifelong Learning Program thrives due to the support of volunteers and members. Our program relies heavily on the volunteer efforts of members to keep functioning, grow, and improve, and to bring in new ideas. There are so many ways to get involved!

Join a Committee

Would you like to join a committee? Tell us about yourself; why would you like to be involved and how would you like to contribute to the program?

Curriculum Committee

The Curriculum Committee members advise and help the Lifelong Learning Program recruit new and talented instructors, evaluate new and on-going courses, and provides instructor support.



Events Committee

The Events Committee members advise and develop a variety of events and encourage our members to get to know one another and build friendships. The committee organizes social functions by planning, hosting, and participating in the events.

Teach or Lead a Course

Would you like to share a skill or special interest with Lifelong Learning Program members and other adults in our community? Teaching or leading a course is an exciting opportunity and a valuable contribution to the program.

If you would like to connect us with excellent instructors, please contact us. You may submit a proposal for a course, workshop, lecture, special event, or trip using our online form: <https://rede.ecu.edu/llp/volunteer/course-proposal/>



Course Host

Course hosts serve as liaison throughout the semester and assist in sessions by introducing instructors, making LLP announcements, by taking attendance, handing out materials, and other requests as needed. Guidance will be provided.

Contact Us!

Lifelong Learning Program
East Carolina University

Office Hours:

Monday - Friday
9:00am - 5:00pm

Telephone: 252-328-9198 (option 2)

Email: LLP@ecu.edu

Website: LLP.ecu.edu



ECU LIFELONG LEARNING PROGRAM - SPRING 2023 REGISTRATION FORM

First & Last Name: _____

Mailing Address: _____

City/State/Zip: _____

Primary Phone: _____ **Cell Phone:** _____ (Required for Trips)

Email: _____ **Send Me Email Updates**

Creative Arts	SESSION CODE	MEMBER	NON-MEMBER
Art Quilting at the Greenville Museum of Art (GMOA)	LLPGMOA QUILTS23	\$25 <small>LLP & GMOA Members</small>	\$35
Program Music: Music That Tells a Story	LLPMUSICS23	\$10	\$20
Origami and Meditative Patterns	LLPORGPATS23	\$35	\$45
Creative Card Making	LLPGRCRDS23	\$15	\$25
Hot Process Soap Making	LLPSOAPS23	\$20	\$35

Culture & Religion	SESSION CODE	MEMBER	NON-MEMBER
Stories of the Monasteries	LLPREMONS23	FREE!	\$10
The Expanding Universe: The Human	LLPEUS23	\$10	\$20
What is Islam All About?	LLPISLAS23	\$10	\$20

Healty Aging & Retirement	SESSION CODE	MEMBER	NON-MEMBER
Caregiving years: Six stages to a Meaningful Journey	LLPCARES23	\$10	\$20
Joy Comes in the Mourning	LLPGRIEFS23	\$20	\$30
All Things Aging	LLPALLAGES23	\$5	\$5

History, Science & Government	SESSION CODE	MEMBER	NON-MEMBER
History of the Blackland Farms in Eastern NC	LLPFARMS23	\$10	\$20
Mapping Eastern NC	LLPMAPS23	\$10	\$20
Maritime Archaeology: Battle of the Atlantic and WW2 Shipwrecks	LLPCSISHIPS23	\$10	\$20
Mob Mentality: A Tragic Case of Castration	LLPMOBS23	\$10	\$20

Technology	SESSION CODE	MEMBER	NON-MEMBER
How Wireless Internet Works in Your Home	LLPWIRES23	\$10	\$20

Literature	SESSION CODE	MEMBER	NON-MEMBER
Return to the South: Reviews of Southern Literature	LLPSOUTHLITS23	\$10	\$20
Memoir Writing	MLWS23	\$40	Members Only
Women's Book Club	WBKSF22	\$5	Members Only

ECU LIFELONG LEARNING PROGRAM - SPRING 2023 REGISTRATION FORM

Special Events & Trips	SESSION CODE	EARLY MEMBER	REGULAR MEMBER	EARLY NON-MEMBER
Pocosin Lakes National Wildlife Refuge and Pungo Lake Guided Tour	LLP POCOSINS23	\$75	\$85	\$85
The GlasStation Glass Blowing and Ceramic Wheel Throwing Demonstrations	LLPGLASSS23	\$30	\$40	\$40
Advance Care Planning (Lunch & Learn) and Workshops	LLP ADVANCES23	\$25	\$35	\$35
Valentine's Day Wine Tasting at Firefly Wine Shop	LLPWINES23	\$20	\$30	\$30
Life Sciences and Biotechnology Building & Eastern Region Pharma Center (ERPC) Tour	LLPERPCS23	\$75	\$85	\$85
Davenport and Son Farm	LLP FARMTRIPS23	\$60	\$80	\$80
Explore Sylvan Heights Bird Park	LLPSYLVS23	\$75	\$85	\$85
Pysanky Ukrainian Egg Workshop	LLP PYSANKYS23	SoAD \$85	LLP \$85	\$100

TOTALS	
Prorated Membership Fee - \$40	\$
Registration Fees Total	\$
GRAND TOTAL	\$

How Do I Register?

Membership registration is available throughout the year online.
 August 1 - July 31: \$60
 January 27th - July 31st: \$40 Prorated Membership Rate

Register at the January Kickoff Event

Registration for membership, classes, special events, and trips starts at the Kickoff event. Event attendees will receive the first opportunity to register for limited availability classes, special events, and trips.

Register Online for Courses

Online registration starts on **Saturday, January 28th**. Visit LLP.ECU.EDU and click, "Register for a Course" Please complete registration by the date listed for each course, event, or trip. Some classes and trips have limited availability. Registration requested after registration deadlines will be accepted based on availability.

Payment Options

Payment is due at the time of registration.

Credit Cards are accepted for online and phone registration. (Visa, Mastercard, Discover)

Check and Money order payments are accepted for mailed registration forms and in person registration.

Make checks payable to: East Carolina University.

* Please note, if a class/workshop/trip is no longer available upon receipt of check then we will process a credit on account for future activities. Notification will be sent out on the amount on your account.)

Mail:

Lifelong Learning Program
 East Carolina University
 Uptown 209, 209 East Fifth St.
 Mail Stop 157
 Greenville, NC 27858-4353

Office Hours:

Monday - Friday
 9:00am - 5:00pm

Telephone:

252-328-9198 (OPT 2)

Website

LLP.ecu.edu

Email

LLP@ecu.edu

LLP Program Adjustments & Cancellations

The Lifelong Learning Program reserves the right to cancel any course, event, or trip due to low enrollment and to substitute faculty or make other changes as needed.

In the event the Lifelong Learning Program cancels a course, event, or trip, attendees will be notified and given the choice of a refund or credit toward another course, event, or trip.

Inclement Weather

If ECU is closed due to inclement weather, all Lifelong Learning Program courses, events, or trips will be cancelled. Registered participants will be notified by email or phone.

Accommodations

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA Coordinator at least 48 hours prior to the event at 252-737-1018 / ada-coordinator@ecu.edu

Registration Cancellation: Refunds & Credits

To receive a refund, (less any program expenses accrued), notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. A \$10 administrative fee will be charged for cancellations with refunds.

To receive a credit, (less any program expenses accrued), notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. Credit may be applied toward another course, event, or trip. Members must use this credit by the end of the current membership year.

Helpful Classroom Tips

Out of respect for the instructor and your peers, please arrive to class on time.

If you must withdraw from a course, event, or trip, please notify our office so someone else may register in your place.

Due to fluctuating temperatures of the classroom, light jackets may sometimes be needed.

Cell phones should be on vibrate or silenced.





ECU

**RESEARCH, ECONOMIC
DEVELOPMENT & ENGAGEMENT**

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Lifelong Learning Program
Willis Building, Office 300
Mail Stop 310
Greenville, NC 27858

LIFELONG LEARNING PROGRAM

Spring Registration Kickoff Event
Membership & Course Registration

January 27, 2023
1:00 PM - 4:00 PM

East Carolina University
Willis Building
300 East 1st St, Greenville, NC 27858

Would you like to learn more about the
Lifelong Learning Program?
All are welcome to attend, registration
is free. Please register by January
20th, if you plan to attend!

