#129: Yoga, Mindfulness, and Meditation

September 4, 11, and 18 (Tuesdays); 3-5 p.m.
Christ Church Parish Hall, Middlesex County
Instructor: Wyatt Portz

Yoga is taught in private studios, gyms, and YMCAs, and has become the subject of casual conversation. Yet what is it? How can it benefit the average person? How are the physical postures related to deeper aspects such as meditation? In turn, how is meditation related to mindfulness? How do specific breathing practices increase energy? Where are the chakras (the body's energy centers), and how do they relate to yoga? Join instructor Wyatt Portz for an overview of yogas spiritual and physical practices that will answer all these questions. The course will be a mix of lecture and practice, and will be suitable for anyone.

Wyatt Portz is currently an instructor for a prospective yoga teachers who are seeking certification through the Yoga Alliance. He also owns the Urbanca business of "Mindful Breath Yoga." Portz learned the discipline of transcendental meditation as a University of California student in the late 1960s. He graduated from the Karuna Yoga programs offered through 4025 Yoga and Welwyn in Richmond, and is an RYT200hr certified instructor.

#130: Civil War Home Front in Gloucester County: Landscapes of Struggle and Deprivation

October 16, 23, and 30 (Tuesdays); 1-3 p.m.
Gloucester Point, Warner Hall, and Glen Roy
Instructors: David Brown and Thane Harpole

How did homes and their residents fare during the Civil War? How did different classes of people deal with occupying armies, the loss of crops and supplies, the emancipation of slaves, and the general social and economic upheaval that characterizes a domestic war? This course will focus on these questions. Students will visit three significant sites in Gloucester County, and will examine archaeological and historical evidence that includes a rich assortment of personal documents, providing an intimate and subtly shaded look at life during that time.

Both Brown and Harpole received their undergraduate degrees from the College of William & Mary, and have conducted archaeological research and instruction in Gloucester County since 1994. They are co-directors of the Earfield Foundation and founding members of the Werowocomoco Research Group.

#131: The Role of the Embassy in American Diplomacy

October 18 and 25, and November 1 (Thursdays); 1-3 p.m.
Christ Church Parish Hall, Middlesex County
Instructor: Father Paul Andersen

The first session of this series will consider the history of an "American presence" abroad, the development of the American embassy system, and the structure of an embassy, as well as the term "foreign policy." Session Two will examine the present American embassy system and answer the questions of what happens in a modern embassy, and whether the system works as intended. Season Three will consider the future both of embassies and of foreign policy itself.

Father Paul J. Andersen is a graduate of the University of Alabama (B.A.) and Virginia Theological Seminary (M.Div.). In addition to his ministry work, Fr. Paul served for 21 years as a foreign service officer for the United States Department of State, covering assignments to Belize, Croatia, Serbia, India, Sierra Leone, Malta, Macedonia, and Washington, D.C. He has also served as deputy chief of staff to a member of the United States Congress.

Instructors: see below

#132: My Favorite Nobel Prize Laureate

October 31, and November 7 and 14 (Wednesdays); 1-3 p.m.
Middlesex County Public Library, Deltaville
Instructors: see below

On November 27, 1895, Alfred Nobel signed a will devoting the largest share of his fortune to a series of prizes in the fields of physics, chemistry, physiology or medicine, literature, and peace—the Nobel Prizes. In addition, he established the Sveriges Riksbank Prize in Economic Sciences in memory of Alfred Nobel. These sessions will host a panel of six experts, who will each name their favorite laureates and explain why they particularly admire them, and what they did to win these prestigious awards.

#133: History and Theory of Historic Preservation Practices

September 12, 19, and 26 (Wednesdays); 1-3 p.m.

Menokin's King Visitors Center, Warsaw
Instructor: Sarah D. Pope

This course provides an introduction to historic preservation practices and issues in Virginia and the United States. The instructor will explore the interdisciplinary world of historic preservation, with emphasis on legislation, policies, and methods that make up our present national, state, and local preservation systems. Students will learn to apply the theories of preservation, gain exposure to a diverse range of practice and debates in the field, and begin to form their own understanding of preservation.

Sarah Pope is the executive director of the Menokin Foundation, and holds a master's degree in historic preservation from the University of Virginia. Her 20 years of experience in this field include working for the National Trust for Historic Preservation, the National Park Service, and holds a master's degree in historic preservation, gain exposure to a diverse range of practice and debates in the field, and begin to form their own understanding of preservation.

#134: “Athens of the New World”—Founding Fathers of the Northern Neck

September 14, 21, and 28 (Fridays); 1-3 p.m.

Rappahannock Westminster Canterbury, Irvington
Instructor: Robert Teagle

Robert Teagle is the education director and curator of the Foundation for Historic Christ Church in Irvington. He holds the degrees of bachelor of science in history from the College of William & Mary and master of arts in American history from Virginia Tech.

In this course, students will explore the roles of the founding fathers of the Northern Neck on their rise to greatness and their political and military strategies. The course will examine the motivations and the outcomes of their actions, as well as the impact of their leadership on the nation.

Robert Teagle is the education director and curator of the Foundation for Historic Christ Church in Irvington. He holds the degrees of bachelor of science in history from the College of William & Mary and master of arts in American history from Virginia Tech.

#135: Writing Artful Sentences

September 27, October 4 and 11 (Thursdays); 1-3 p.m.

RCC's Kilmarnock Center
Instructor: Gail Kenna

To improve their games, golfers and tennis players work on swings and strokes. Writers, if they wish to achieve a more artful style, practice the writing and editing of sentences. This course is designed for anyone who writes or would like to write, and the focus will be on success, not errors. Our goal will be to gain insights about syntax as an element of style, and to gain a better understanding of how sentences convey information, ideas, and feelings.

Gail Kenna, author and international educator, has taught RILL courses in literature and writing since 2005. A retired university professor and the recipient of numerous teaching and writing awards, she has recently completed her fourth book.

#136: Religions in India

October 2, 9, and 16 (Tuesdays); 1-3 p.m.

RCC's Kilmarnock Center
Instructor: Dr. Davies

This course will examine the evolution of strong economic relationships between the United States and India, examining the histories of each within India. The course will look at the wide range of religious belief. This course will look at the broad beliefs and practices of those who follow religions that began in India (Hindus, Buddhists, Jains and Sikhs) and religions that were brought to India (Jews, Muslims, Parsees, and Bahais) as well as examining the histories of each within India.

Peter Bennett spent thirty years teaching subjects related to South Asia. During decades of travel and research, he made eight extended visits to India, and for eleven years he was chief lecturer for Air India's program "Know Indi- a." Since his 1995 retirement, Bennett has led seminars in Williamburg and the Northern Neck on many as- pects of Indian society.

Instructor: David G. Davies, Ph.D.

RCC/EFI, P.O. Box 923, Warsaw, VA 22572

#137: The Architecture of Colonial Virginia

October 10 and 17 (1-3 p.m.); and October 24 (8 a.m.-5 p.m. field trip)

Historic Christ Church, Irvington
Instructor: Robert Teagle

This course traces the architecture of Virginia from the early colonial period to the Revolution. It explores different types of building (churches, courthouses, plantation houses) and construction methods, and examines economic, social, and artistic influences on architecture. The course also looks at the effects of the British colonial system and private spaces shaped and reflected social functions, identities, and standards for all Virginians. The third session will be a field trip (please plan on carpooling) to several colonial sites in the Tidewater region.

Robert Teagle is the education director and curator of the Foundation for Historic Christ Church in Irvington. He holds the degrees of bachelor of science in history from the College of William & Mary and master of arts in American history from Virginia Tech.

#138: Antiques, Appraisals, Auctions

October 22 and 29, and November 5 (Mondays); 10 a.m.-noon

RCC's Kilmarnock Center
Instructor: Linda and Larry Makowski

Larry Makowski is an Accredited Auctioneer of Real Estate (AARE) and a graduate gemologist, with offices in Baltimore and Gloucester. Also a gemologist, Linda Makowski adds 20 years of auctioneering experience to Larry’s 37. Both Makowskis held Certified Auction- eers Institute and Certified Estate Specialist designation from the American Marketing Institute, and were trained through the American Society of Appraisers to evaluate fine and decorative art, machinery and equip- ment, gems and jewelry, and personal property.

Instructors: Linda and Larry Makowski

#139: Critical Issues in United States -European Economic Relationships

October 26, November 2 and 9 (Fridays); 1-3 p.m.

Rappahannock Westminster-Canterbury, Irvington
Instructor: David G. Davies, Ph.D.

This course will examine the evolution of strong eco- nomic ties between the United States and Europe, which share the world’s most important economic rela- tionship—such a close and interdependent one that the financial crisis starting in the United States almost immediately spread to the European financial system and exposed its weaknesses. These weaknesses now threaten economic recovery not only in Europe, but in the United States as well. Cooperation between the two is crucial to ameliorating current financial ills and resolving basic issues in the larger global economy.

Dr. Davies received his Ph.D. in economics from the University of North Carolina. He has taught at UNC, Duke University, Harvard University, George Mason University, and the College of William & Mary. A Ford Foundation economic advisor to the governments of Ni- geria and Kenya, he retired from the World Bank after two decades of work in Africa, Russia, and Asia.