



Rappahannock Institute for Lifelong Learning

A program of the RCC Educational Foundation

Spring/Summer 2024 Courses

Personal enrichment, non-credit classes in a variety of subjects, including local history, financial wellness, literature discussion, self-improvement, and more.

Discounts available—see inside for more information.

Beginner Pickleball – Gloucester

Newington Baptist Church, Gloucester
Instructor: Carlos Morales
Mondays/Fridays, March 4, 8, 11, and 15
1 pm to 2:30 pm | \$35

Designed for the first-time adult player and covers the basics of Pickleball rules, terminology, primary skills, coordination, beginner court time, and more. Paddles and balls are provided. Class is limited to 12 students.

Intermediate Pickleball – Gloucester

Newington Baptist Church, Gloucester
Instructor: Carlos Morales
Mondays/Fridays, April 8, 12, 15, and 19
1 pm to 2:30 pm | \$35

This course is designed for the adult player who has completed the Beginner Pickleball course. Course emphasis will be on score keeping, improving different strokes with direction to include dink rally, serve/return of serve. Players will work on understanding the fundamentals of the game and proper court positioning and more. Paddles and balls are provided. Class is limited to 12 students.

Carlos Morales holds a Bachelor of Arts degree from Southeastern University in Education and played baseball at the collegiate level. After college, he taught high school Algebra and coached several sports at both New Kent and Gloucester High School, including the boys' tennis team. He is a USA Pickleball Ambassador and Certified Pickleball Coach and focuses his free time on promoting the "Fastest Growing Sport in the U.S." to all levels.

Taking Great Photos

RCC Kilmarnock Center
Instructor: Steve Kancianic
Tuesdays, March 5, 12, and 19
10 am to 12 pm | \$35

Join certified professional photographer Steve Kancianic for this three-part series, focused on practical advice for taking great-looking pictures in different situations using the equipment you already have. Topics include equipment, lighting, posing, camera technique, editing software, and more! It doesn't matter what kind of camera or phone you use, Steve can help you with any of them – and most of his tips are universal.

Steve Kancianic is the owner and lead photographer at Yours Truly Photography in Kilmarnock, VA. Every year Steve photographs over 10,000 portraits in our local schools and youth sports leagues along with weddings and events. He has an interest in camera collecting and his collection boasts over 300 cameras spanning 130 years of photography innovation and technology.



U.S. – China Relations

RCC Kilmarnock Center
Instructor: Mark Myrick
Wednesdays, March 6, 13, and 20
1 pm to 3 pm | \$35

The U.S.–China relationship is complicated and constantly evolving, encompassing a broad range of issues, including trade and economics, global influencing, and national security. This course will review the history of U.S.–China relations, the nature of the current relationship, and future opportunities and threats.

Mark Myrick first traveled to China in 1983 as a student and has spent 30 years living and working in China. He currently lives in the Northern Neck and continues working as a global supply chain and business development consultant. He is fluent in Mandarin Chinese.



Retirement Planning

Zoom
Instructor: Laura Bondurant
Thursdays, March 14, 21, and 28
10 am to 12 pm | \$35

The first class will review a brief history of Social Security, the importance to senior citizens and those with disabilities, spouses and surviving spouses. The components that make up the calculation, cost of living adjustments, factors to consider when determining the optimal age to take Social Security including life expectancy, break even, voluntary suspension and taxation and earning limits will also be discussed. The second class will focus on Medicare and its component parts, Parts A, B, C and Medicare supplement or Medigap plans. Eligibility, when to enroll, how to determine the best path, and how to pay will also be discussed. The final class will cover Medicare Part D and review the best time in life to access Social Security and Medicare benefits.

Laura Bondurant is a Longwood College graduate, a Registered Social Security Analyst Elite from the National Association of Registered Social Security Analysts, and a licensed health and life insurance broker in Virginia. She has 29 years in Employee Benefits as a manager and executive director with Fortune 1000 companies and completed the Certified Employee Benefit Specialist certification program at Wharton School of Business.



REGISTRATION

Name(s) _____

Phone _____

Address _____

Email _____

Course	Cost	# of students	Total
Beginner Pickleball – Gloucester	\$35	=	\$
Intermediate Pickleball – Gloucester	\$35	=	\$
Taking Great Photos	\$35	=	\$
U.S.–China Relations	\$35	=	\$
Retirement Planning	\$35	=	\$
The Challenge to Positive Thinking & Optimism	\$25	=	\$
Microsoft Word	\$45	=	\$
Scourge of the Seas	\$35	=	\$
Civil War Battlefields	\$35	=	\$
Virginia in the Eighteenth Century	\$35	=	\$
Wallace Stegner on Memory & Aging	\$40	=	\$
The Assassination of Abraham Lincoln	\$35	=	\$
Beginner Pickleball – Warsaw	\$35	=	\$
Hand-Formed Pottery Workshop	\$45	=	\$
Intermediate Pickleball – Warsaw	\$35	=	\$

I would like to donate to the RCC Foundation to support student scholarships and services. \$ _____



** (- discount) = \$ _____

Total enclosed = \$ _____

Registration and tuition are required prior to the start of classes, and early registration is strongly advised as class sizes are limited.

****All RCC employees and residents of RW-C receive 50% off tuition. Blue Ridge Bank Golden Advantage members receive a 15% discount.**

Questions?

Contact Brittany Abdul-Malik, Donor Relations Specialist, at: bjenkins@rappahannock.edu or (804) 333-6707.



Online registration: log onto rappahannock.edu/rill or scan this code.

Mail your registration: mail the brochure registration form and make checks payable to:

RCC EFI
PO Box 923, 52 Campus Drive
Warsaw, VA 22572

- Tuition is not tax-deductible.
- Donations to the RCC Educational Foundation, over-and-above tuition, are tax-deductible.

THANK YOU FOR YOUR SUPPORT!
Rappahannock Westminster-Canterbury

RILL Volunteer Executive Committee Members:
Martin Bailey, Anne Bartron, Bette Dillehay, Ralph Fallin (chair), Dr. Rob Gates, Rev. Dr. Melissa Mason, Nick Minor, Dr. Elizabeth Lee Robertson, and Ron Saunders



PO Box 923
52 Campus Drive
Warsaw, VA 22572

RILL Rappahannock Institute for Lifelong Learning

Spring/Summer 2024





The Challenge to Positive Thinking & Optimism as We Approach the 2024 Elections

RCC Warsaw Campus
Instructor: Dr. Robert Chapman
Wednesdays, April 3 and 10
1 pm to 3 pm | \$25

This two-part workshop aims to place current geo-political events in perspective while exploring why positive thinking and optimism are so challenging during an election season. We will attempt to place the chaos that seems so unique to our current age into perspective in an upbeat but realistic way. The second session focuses on information processing and the internal narratives we create or “self-talk,” emphasizing that thoughts are not necessarily facts. Strategies for addressing negative thoughts and engaging in rational self-talk, particularly in the context of remaining optimistic during the upcoming election season, will be explored. Note: This workshop maintains an objective stance on current events without endorsing or opposing any specific political agenda.

Dr. Robert Chapman was Associate Clinical Professor and Associate Director of the Behavioral Health Counseling program (retired) at Drexel University's College of Nursing and Health Professions. He is a professional counselor specializing in substance use disorders.



Microsoft Word: Tips for Productive Usage

RCC Warsaw Campus
Instructor: Martin Bailey
Thursdays, April 4, 11, 18, and 25
1 pm to 3 pm | \$45

This course will cover elements of Microsoft Word, including the backstage view option; adding page numbers, headers and footers; fixing spelling and grammar mistakes. Advanced features like adding a ruler and using it to control the formatting of a document, inserting tables, setting tab stops, changing the shape size and color of text and inserting and formatting pictures will also be covered. The course will use Microsoft Word 2019, but the features covered are available in older and newer versions. Students should have basic experience using Word.

Martin Bailey holds a Bachelor's degree in mathematics from the College of William and Mary and a Master's degree in computer science from Virginia Tech. Before his retirement from the Naval Surface Warfare Center in Dahlgren, he was involved in computer programming, algorithm development, database management systems, and computer security.



Scourge of the Seas: Pirates in History and Today

RCC Warsaw Campus
Instructor: Michael Knapp
Tuesdays, April 9, 16, and 23
1 pm to 3 pm | \$35

Students will explore sea pirates in early history and then focus on the “Golden Age of Piracy” (approx. 1650-1730 AD) before discussing the threats they still pose to today's maritime commerce. The course will cover pirate tactics, weapons, ships, day-to-day life as a pirate, pirate legends and lore, and famous real-life pirates. Students will also discuss women in piracy and government-sponsored pirates (privateers) and concludes with discussion about the most successful pirate of all-not who you think!

Michael Knapp is a retired civilian U.S. Government intelligence analyst and retired U.S. Army intelligence officer. He developed and taught six popular history courses for the Osher Lifelong Learning Institute at the University of Virginia; was a guest lecturer at multiple educational institutions; and instructor for U.S. Military units deploying to Iraq.

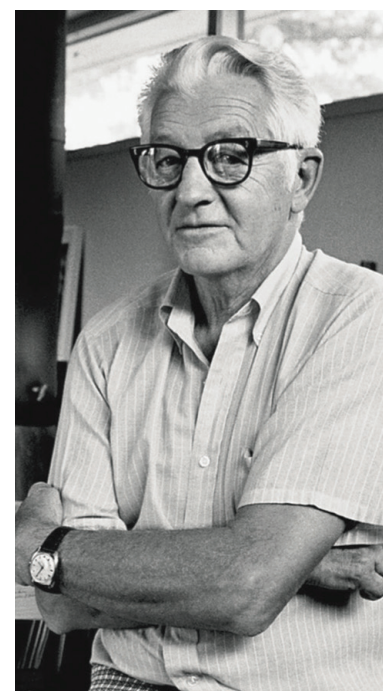
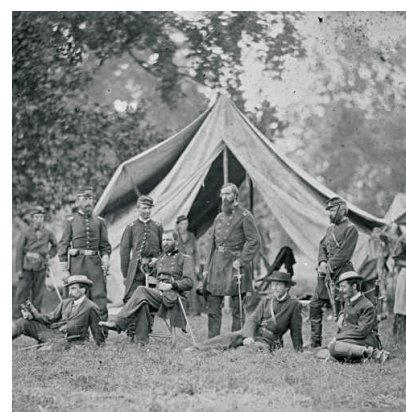


Civil War Battlefields: A Look at Gettysburg, Antietam, Shiloh, and More

RCC Kilmarnock Center
Instructor: Keith Kehlbeck
Mondays, April 22, 29, and May 13
(no class on May 6)
2 pm to 4 pm | \$35

This class will discuss various Civil War battlefields and provide brief summaries of the engagements on those fields with images from walking tours. The final segment will trace the history of battlefield preservation from the late 1860s to present day.

*Keith Kehlbeck is a writer, historian, and marketing consultant in the hospitality, nonprofit, and publishing sectors. At the age of 10, his family took a trip to Washington, D.C., sparking what would become a life-long interest in the Civil War. Since then his passion for studying the Civil War led him to write the critically acclaimed *Gone to God: A Civil War Family's Ultimate Sacrifice*, a nonfiction story told with diaries and letters written by soldiers and their family members.*



Virginia in the Eighteenth Century

Historic Christ Church and Museum, Weems
Instructor: Robert Teagle
Wednesdays, May 1, 8, and 15
10 am to 12 pm | \$35

This course looks at life in Virginia over the 18th century, including the rise of the gentry class, the tobacco economy, slavery and the transatlantic slave trade, demographic change and westward migration, architecture, women and family, the Great Awakening and religious dissent, the Seven Years' War, and political change and the American Revolution. From its consolidation as a slave society as the century opened to its leading role in the creation of a new nation, this course examines the profound transformations that shaped Virginia in its second hundred years.

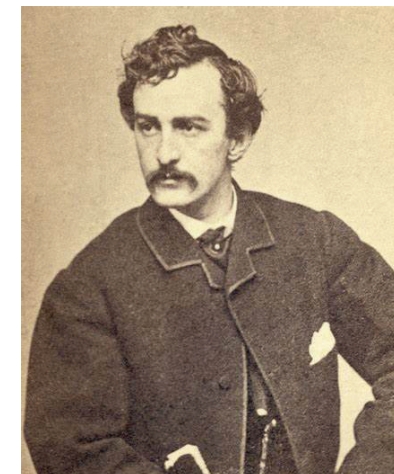
Robert Teagle is the Executive Director at the Foundation for Historic Christ Church in Weems. He earned his B.A. in History from the College of William and Mary and M.A. in American History from Virginia Tech. His research interests include the architectural history of early Virginia, the role of the Church of England, the rise of religious liberty in colonial Virginia, the Carter family, slavery and emancipation, and the history of Christ Church Parish.

Wallace Stegner on Memory & Aging

RCC Kilmarnock Center
Instructor: Gail Kenna
Thursdays, May 2, 9, 16, and 23
1 pm to 3 pm | \$40

Three novels by the American writer, Wallace Stegner, will be the subject of discussion in this class. *The Spectator Bird*, *Angle of Repose*, and *Recapitulation* explore memory and aging through three remarkable main characters: Joe Alston, Lyman Ward, and Bruce Mason. The instructor's purpose is to create conversation among students related to aging and memory, and to share her knowledge of a deeply admired 20th century American writer.

Gail Wilson Kenna has lived and taught for colleges and universities in five countries, and the United States. Her publications and awards are numerous and include the Donald Axinn Bread Loaf scholarship in fiction.



The Assassination of Abraham Lincoln and The Military Trial of The Lincoln Assassination Conspirators

RCC Glens Campus
Instructor: Paul Severance
Wednesdays, May 29, June 5, and 12
10 am to 12 pm | \$35

This course examines the conspiracy by John Wilkes Booth and others to kidnap Abraham Lincoln to support an ultimate Confederate victory in the Civil War, including how the plan shifted from kidnapping to assassination, the pursuit and capture of the conspirators, their incarceration, and trial by a military tribunal. The controversial military trial was both extensive, legally complex, and frequently misunderstood. The Lincoln assassination conspirators' trial remains largely unexplored territory.

Dr. Paul Severance served 25 years as a professor of military science at the National Defense University in Washington, DC, and also served as historian and interpreter at the Lincoln Assassination Conspirators restored trial courtroom at Fort McNair. Since February 2013, he has conducted more than 500 presentations on the Lincoln Assassination, the manhunt, apprehension and incarceration of the conspirators and their military trial and verdicts.

Beginner Pickleball – Warsaw

Tennis Courts, RCC Warsaw Campus
Instructor: Paul Shrieves
Mondays/Fridays, June 3, 10, 7, and 14
9 am to 10:30 am | \$35

This course is designed for the first-time adult player and will cover the basics of Pickleball rules, terminology, primary skills, coordination, beginner court time, and more. Paddles and balls are provided. Class is limited to 10 students.

Paul Shrieves is an avid pickleball player and is excited to promote the sport in the NNK. He has worked in telecommunications for 47 years starting with C&P Telephone and moved to telecommunications manager for a healthcare provider before starting his own company, Communications International. Paul served two years in the military with 13 months overseas.



Hand-Formed Pottery Workshop

RCC Warsaw Campus
Instructor: Carol Sisk
Thursdays, June 6, 20, and 27
(no class June 13 to allow clay to set)
1 pm to 3 pm | \$45

Create a nature-inspired piece of pottery using glazed and fired white porcelain clay. Students can choose between creating wall decor with driftwood or a leaf-shaped decorative and functional bowl, or both!

Carol Sisk, a pottery “hobbyist”, began her love of pottery while taking an art class in middle school and still has the first piece she created! While studying at Grove City College and majoring in Elementary Education, she took Pottery 101 as an art elective and rekindled her love of working with clay. Years later, she began creating and selling her decorative and functional pieces at local farmers' markets and craft shows.

Intermediate Pickleball – Warsaw

Tennis Courts, RCC Warsaw Campus
Instructor: Dr. Will Cox
Mondays/Fridays,
June 17, 21, 24, and 28
9 am to 10:30 am | \$35

Designed for the adult player who has completed the Beginner Pickleball course. Course emphasis will be on score keeping, improving different strokes with direction to include dink rally, serve/return of serve. Players will work on understanding the fundamentals of the game, proper court positioning, and more. Paddles and balls are provided. Class is limited to 10 students.

Will Cox is a retired dentist. He has competed in tennis leagues and played racquetball and table tennis all of his adult life. Will was introduced to Pickleball in 2020 and has been playing steadily ever since. He and his pickleball partner, Bill, have competed in several pickleball tournaments. He won a gold medal in the Virginia Classic in Richmond and looks forward to helping others get better at this most enjoyable sport.

