



# ACADEMY NEWSLETTER

Academy of Lifelong Learning  
University of Delaware

April 20, 2009

## RENEWAL-PART II (ACADEMY LEADERSHIP)

Last September I wrote a newsletter article on Renewal, detailing personal and organizational renewal at the Academy as we approached a new semester. I discussed membership, courses, equipment, and personal actions. Now I would like to address the renewal of Academy leadership. April brings about a change to Council, the governing body of the Academy. While we lose the leadership of many outgoing members of Council, we also gain the fresh ideas and enthusiasm of new blood joining Council. Change is healthy for any organization and the Academy is no exception.

Along with change comes the need for all of us to thank those who have provided guidance for the Academy over the last several years. Foremost we need to thank Irene Farrance for her 5 years on Council, providing leadership as Council Chair for 2007-8, and leading the process that resulted in five outstanding new members joining Council this month. We also need to thank Stu Siegell (Financial Officer; Past Vice Chair, Academics), Jim Cosgrove (Co-Chair, Curriculum Committee), Mary Ann Dowd (Chair, Reception), and Bobbette Mason (Co-Chair, Volunteer Development) for their many efforts that contributed to life at the Academy over their past three years on Council. You should also know that four of the five retiring Council members also teach at the Academy for which we are grateful.

We also welcome five Academy members to Council for three year terms (see page .5). We look forward to their contributions and wisdom on behalf of the Academy in the years ahead.

(Continued on page 2)

### **Open House – Tues., Aug. 4**

Invite your friends and neighbors to tour the Academy and visit a sample of our offerings.

## FRIDAY LECTURE SERIES

You have two more chances to attend the Friday Lecture Series this semester.

**April 17, 12:30 p.m., in Room 108.** The Delaware Humanities Forum celebrated its 35<sup>th</sup> Anniversary last fall with a popular symposium entitled, "Picturing Delaware - Inside and Outside the Frame." We will offer an encore presentation of Professor Jean Nutter and Ellen Rendle's lecture on "African - American Self Portraits." This is a wonderful story of Wilmington's African-American community in the 20th century and a special look at a close-knit community, and the families within it, documented on film.

**April 24, 1 p.m., in Room 105.** Come one and all to celebrate UD's Opera Theater presentation of the "The Pirates of Penzance." It will be a full cast production, in costume. This is a first for the Academy and fun things will happen!

All lectures are open to the public.

Friday Lecture Series Committee

## ART DEPARTMENT JOINS CIRCLE SINGERS

What a blending! Come and see the pictures created by art students to correspond with the Circle Singers' Program of "Songs with Color" which will be presented in the Lobby on Monday, May 11 at 11:45 a.m. The Circle Singers class wishes to thank the Art Department for their imaginative creations of a "Blue Tail Fly", a "Yellow Bird", a beautiful "Rainbow", "The Red Corvette" and many more.

Ellie Munson, Circle Singers

## SUMMER SESSION

Registration for Summer Courses (July 7-30) is still open. Choose from 40 courses and one extracurricular activity. See Ellen in the Office.

*Academy Newsletter*  
[www.academy.udel.edu/newsletter](http://www.academy.udel.edu/newsletter)  
Academy of Lifelong Learning  
2700 Pennsylvania Avenue  
Wilmington, DE 19806  
(302) 573-4417

Robert Ehrlich Editor  
*Associates*

Susan Arruda                      Bob Bolt  
Mary Ann Dowd                  Janet Goldberg  
Cree Hovsepian                  Anna Maria MacKeand

Schedule for the *Academy Newsletter*

<u>Submittal deadline</u>	<u>Issue date</u>
Mon., Aug. 10	Tues., Sept. 6

Submit articles to [rehrich@udel.edu](mailto:rehrich@udel.edu), or place in the Newsletter mail slot on the rear wall in the Reception Area.

### RENEWAL (CONTINUED)

This is my last column as Chair of Council. I would like to thank all of you, both members and staff, for making my year as Chair of Council both memorable and rewarding. I believe we continue to grow as an institution. You know you are doing something right when other colleges want to visit you and learn about your programs. Three will be visiting us in April. The recent national award (see page 3) we received for our performing arts programs speaks volumes about the Academy and its willingness to adapt to change driven by the desires of our members. We can all be proud of how the Academy affects the lives of so many through gained knowledge and social interactions. We also cannot forget we are a membership organization that runs on volunteer power. It is clear to me that without 700 volunteers/instructors willing to take responsibility to give back some of their precious time to the Academy, the Academy would fail to exist in its current form.

If recent history repeats itself, Don Grimes will be elected new Chair of Council at the April Council meeting. I am sure the Academy will go from strength to strength under Don's leadership and I ask all of you to provide the support to Don that was given to me over the past year.

Steve Dombchik (former Chair of Council)

### ALLSTEL 2009

Spring has arrived and the 110 folks that signed up for the ALLSTEL program during the week after Memorial Day at Rehoboth Beach are anticipating a fun time. We've ordered lots of sunshine, a warm beach, outlet bargains, the usual camaraderie, and an exciting group of talks. We have a full house but fortunately, we did not have to run a lottery this year and were able to accommodate all who applied by March 6th. Our program includes talks on such diverse topics as: Underwater Research, An American Songbook. The Economy in Today's Aftermath, Nanomaterials, and others. Those of you who have been to ALLSTEL can confirm that it is a relaxed, sociable week. Many of you return each year. For those of you who have not attended, speak with some of the participants for their feedback... maybe you'd still like to join us. We can probably accept a few more and applications are available at the Reception Desk.

Chuck Hober  
Chair, ALLSTEL

### JUNE LECTURE SERIES

Where will you be one month after the end of the semester, June 15th to June 19th? If the answer is the Wilmington area, come join us in Arsh Hall for a week of morning lectures designed to make you relax, enjoy and learn!

These lectures are open to the public at the same \$50 fee that applies to members. Tell your friends! It's a fine opportunity to see the Academy in action!

We have a varied line-up of excellent speakers. Our literature will be in all the racks until May 15th. The flipside of the bookmark gives registration instructions. Registration is open until June 8, 2009. Ellen Saienni in the Academy office will help you get registered. We take all credit cards, checks payable to the University of Delaware and cash.

Don't be left out this year. We look forward to seeing you in Rooms 108-109 in June.

JoAnne Woodward  
Chair, June Lecture Series Committee

## **“RIDE SHARING” COMING FALL 2009 FILL OUT A FORM AT FALL REGISTRATION**

For those who would not mind taking a few extra minutes in the morning to pick up another Academy member to drive to classes, take note. The Academy Council has voted to support ride sharing and car pooling beginning in the Fall of 2009. This is the way it will work.

There will be two boxes at the Reception Desk in the lobby of Arsht. One box will be for Academy members who would be happy to drive another member or two to classes. A second box is for members who need a ride.

These boxes will be filled with cards. On one side of the card will be the instructions and on the other side of the card will be a very short questionnaire asking for your zip code, your name and phone number and the days of the week you would like to share a ride. The cards will be sorted by zip code.

Although the Academy will provide the cards and the boxes, you will be on your own to make arrangements with the other party. The volunteer at the Reception desk will help you find the box, but you will need to make some notes for yourself so that you can make contact with the other party.

The benefits to car pooling are many: more friendships; less wear and tear on cars; less gasoline consumption; and less stress. You may need to be a little flexible with your schedule. Let's all leave smaller carbon footprints! Ride Share.

Deb Haskell

## **ACADEMY WINS NATIONAL AWARD**

The Academy's Performing Arts Program was selected as a winner of the MindAlert Award by the American Society on Aging in collaboration with the Met Life Foundation. Ruth Flexman, Program Coordinator, accepted the award at the American Society on Aging-National Council of Aging Conference in Las Vegas on March 18. The award recognizes outstanding programs that improve mental stimulation and provide creative outlets in later life. Research has shown that cognitive decline is not an inevitable part of the aging process. These programs add quality to life and

enhance functioning and capacity to contribute to others.

Academy performing arts courses offer extensive opportunities for mental stimulation and social interaction. Members at all levels of experience may benefit through a variety of options for playing, singing, dancing, acting, and listening. Musical tastes are honored with folk, classical, jazz, rock, Latin jazz, musicals and opera. Performing arts courses have grown from nine courses in 2000 to over 30 courses with approximately 1,200 registrations each semester. The Academy Band has grown from 14 members 10 years ago to 78 members. Academy Chorus has 65 members and Orchestra 25 members. The Outreach Program includes over 50 venues in addition to performances at the Academy. Thanks is given to all who contribute to make the Academy Performing Arts Program so outstanding.

Recent research has demonstrated the positive impact of participation in performing arts on cognitive fitness. Two documented findings included neurogenesis (brains form neural connections throughout life) and neuroplasticity (brains change structure and function in response to behavior). Both are related to the degree of brain stimulation. Imaging of the brain shows that many areas of the brain are stimulated when playing music. On the emotional level, music activates the pleasure hormones, serotonin and dopamine. A recent study by Dr. Gene Cohen demonstrated that participants in performing arts programs reported improvement in general health, fewer visits to doctors and less use of medication, and increased social connections.

Members of chorus and band were surveyed with questions about the important benefits received from participation. Singing with a great group of dedicated people with an excellent director, friendships, and the challenge of singing new and beautiful music were most important. Feeling appreciated, positive mood and health benefits were also sighted. Quotes from band members include "I love rehearsals...I lose myself in the music," and "I wonder if I had been suffering from a low grade depression before since now I feel happy almost all of the time."



### GARDENING SPEAKERS

Academy members are invited to attend individual programs that interest them. The class meets Tuesdays at 2 p.m. in Room 108.

April 21: Wayne Guymon **Fun with Digital Photography in the Garden**  
Emphasis on composition.

May 5-**Vegetable Gardening**  
Advice from a master gardener.

### OUTREACH

The Academy Outreach Program currently has only four speakers and thirteen musical groups to go out to nursing homes, retirement centers, and community organizations around this area to present their talk or musical program to appreciative audiences. If you have a topic which you are passionate about and would like to give a 30-45 minute talk at some of these venues, I would like to have your name, phone number, e-mail address and a brief description of your topic to add to the new revised 2009-2010 list of Academy offerings. I will be mailing this list (and the list keeps growing) to 54 activities directors in our area in October, 2009. This Outreach Program not only stimulates and entertains audiences in northern Delaware, and nearby Pennsylvania and New Jersey, but, by going out into the community and sharing our gifts and talents in this way, we are making audiences aware of and promoting the Academy of Lifelong Learning. Thank you!

Ellie Munson  
Chair, Academy Outreach

### ACADEMY PHOTOGRAPHERS HONORED

Judges chose more than 200 prints and 300 projected images for the Delaware Photographic Society's 76th Wilmington International Exhibition of Photography.

Two members of the University's Academy of Lifelong Learning were among the award winners. Karl Leck won three awards: in the Pictorial Print category for his "Happy Frog," a photojournalism award for "Prelude to a Crash," and an IWF Gold award for "Parade of War Coffins." Jane Strobach won an award in the Photojournalism Projected Images category for "Shopping for Buggies." Academy member Emily Reed also had three photographs accepted into the exhibit.

Emily Reed's photo, "Lums Pond," was selected to be displayed in two prestigious Delaware art exhibitions.

"Lums Pond" was featured in the "Possibilities of Pause: Delaware Women's Conference 2009 Juried Exhibition" at the Delaware Art Museum which was held from March 7– April 19. The photo was featured in the advertising for the exhibit, both on a postcard and as a website banner.

In addition, "Lums Pond" is currently being exhibited at the "Biggs Shot 2009 Competition" at the Biggs Museum of American Art, Dover, DE. This exhibit features photos of new and emerging photographers working and/or living in the mid-Atlantic region. Only 80 were chosen for exhibition out of 500 submissions. The exhibition runs from March 4-June 28, 2009.

The photo is a High Dynamic Range image, produced by blending five "bracketed" images. Bracketed images are different exposure levels which, when combined, reveal many more colors and tones than simple photographs.

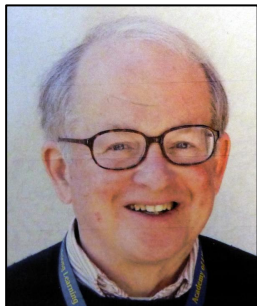


## ACADEMY COUNCIL

On March 9, the Council affirmed five new members whose backgrounds are summarized below. They will serve three-year terms beginning with the April 16 meeting.

If you would like to know more about what Council has been doing, the minutes of Council meetings are available in notebooks at the Reception Desk and in the Reading Room. These notebooks also contain the Academy By-Laws and Operating Policies.

**Vincent (Wink) DeDuca** has a BA from Wesleyan U. and an MD from the U. of Pennsylvania. He has served as Chief of Hematology at Christiana Care and Associate Professor of Clinical Medicine at Thomas Jefferson U. He continues to work in the medical field as a member of committees and boards. He is a leader of the popular Medical Specialists Lectures and has co-taught courses on World War II and Medical Ethics.

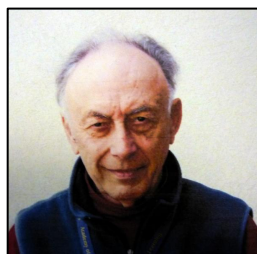


**Cree Hovsepian** has a B.S. degree in chemistry from St. Lawrence U. and a M.S. in analytical chemistry from the U. of Wisconsin. Cree retired from DuPont/DuPont Pharma with experience as a research chemist and Documentation Supervisor and Specialist. She continues to work as a consultant for pharmaceuticals.



At the Academy, Cree has filled a vacant Council position for one year, is the Council Recording Secretary, a member of the Newsletter staff, and Committee Chair for "This Week at the Academy," our weekly activities bulletin. She enjoys art, literature, computer, photography, and bridge classes. She has participated in Special Olympics and other charity events.

**Crawford MacKeand** was educated in England where he received a B.Sc. in Electrical Engineering from the U. of Manchester. After immigrating to the USA in 1968 he worked as a design-

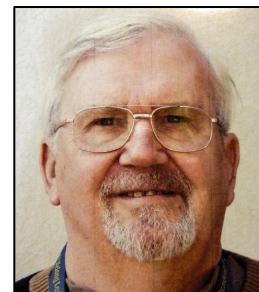


engineering supervisor in New Jersey and Delaware.

Crawford has taught classes ranging from the History of Railroads, Radio, and Engines to Scottish History, and How to Publish a Book. He has been Equipment Committee Chair for about ten years.

Crawford's wide interests are reflected in his hobbies including photography, travel, genealogy, languages, amateur radio, painting and wood-carving. He has taken a leadership role with the Delaware Nature Society, serving as volunteer project manager for two major building projects.

**Hank Maier** has a BS in Chemistry and an MBA from the UD. He worked for DuPont in Information Technology management and professional design/development. He next worked with Assessment Systems Inc., retiring in 2002 as Director of Computer Based Systems Development focusing on web-based delivery of services.



At the Academy, Hank has taught computer courses. He has contributed over 2000 hours of professional services to the design, development and support of ALLSTARS, the Academy's administrative system for course offerings, member registration, and course assignment. Hank has designed the website and published a monthly newsletter for the Delaware Saengerbund. An avid outdoorsman, he enjoys hunting and fishing in north-central Pennsylvania, and is a Director of the Delaware State Pistol Club.

**Nancy Wolfe** has an MCJ in Criminal Justice from the U. of South Carolina and a Ph.D. in American Constitutional History from UD. She retired from the U. of South Carolina as a Distinguished Professor Emerita. Nancy did volunteer work in South Carolina, serving as a Reserve Deputy Sheriff, Victim/Witness Advocate, Guardian ad Litem and Juvenile Arbitrator in Family Court. Since returning to Delaware, she continues to volunteer in the justice system and mentors at Ferris School in English and Social Studies.

At the Academy, she has taught two summer courses, and headed the 25th anniversary contest committee. She also participates in Outreach with the Recorder Ensemble and Circle Singers. She is currently responsible for the Bulletin Board.





# Schedule of Events



## SPECIAL EVENTS WEDNESDAYS

12:45-1:45 P.M. IN ROOM 105

Announcements at 12:40 p.m.

Special Events are for all Academy members. Feel free to attend each week or select the programs that interest you. Buy your lunch, bring your lunch, or just come and enjoy.

### 4/22 **Global Change in the Arctic and Antarctic**—David Kirchman

David Kirchman is Maxwell P. and Mildred H. Harrington Professor of Marine Biosciences in the UD College of Marine and Earth Studies.

### 4/29 **International News**—Ralph Begleiter and David Hoffman

David Hoffman and Ralph Begleiter will present their view of current news. David is Assistant Managing Editor for Foreign News, Washington Post. Ralph is Distinguished Journalist in Residence, University of Delaware. Both men have had impressive careers in journalism: David in the print media, and Ralph in electronic media. This marks their fifth year of joining together to present their views on the state of the world to members of the Academy.

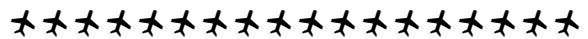
### 5/6 **The Challenges of Economic Education/ Entrepreneurship – Starting Early** Dr. James O’Neill

Is a strategy to prevent a repeat of the current economic problems more and better economic education? Dr. James O’Neill, professor of economics and Director, Center for Economic Education and Entrepreneurship, UD, is known throughout the United States for his work in promoting financial and economic education. During his 37 year career, he has provided hands-on economics programs and workshops that encourage students (kindergarten through college-aged) to recognize their financial choices and make well-informed decisions.

(Continued next column)



Tues., June 9 to Thurs., June 11 – Grand Canyon of Pennsylvania  
Sat., Aug. 22 to Sat., Aug. 29 – Canada-New England cruise  
Sat., Sept. 26 – Railroad museum/Broadway Best, Lancaster, PA  
Tues., Dec. 8 to Fri., Dec. 11 – Christmas Extravaganza, Homestead, Hot Springs, VA  
For more information on these and other Academy travel opportunities, visit the Travel Desk in the Lobby, Monday through Thursday, 11:45 a.m. – 12:30 p.m.



(continued)

### 5/13 **Academy Chorus**—Marilyn Haas, Director

The 65-member Academy Chorus will present a variety of musical selections. Among them will be: medleys from the “Best of Duke Ellington” and medleys by Johnny Mercer, “At Last”, which the Obamas danced to at the inaugural balls, “What Shall We Do With a Drunken Sailor?” and our signature song “The Gift of Music” by John Rutter.

## ACADEMY CALENDAR

Fri., May 15 .....Spring Semester ends  
Tues., May 26 – Fri., May 29 .....ALLSTEL  
Mon., June 15 to Fri. June 19  
..... June Lecture Series  
Tues., July 7 – Thurs., July 30  
..... Summer Courses  
Tues. July 28 –Thurs., July 30, 12-3 p.m.  
Mon., Aug. 3 –Fri., Aug.7, 9 a.m. -12 noon  
..... Fall Registration  
Tues., Aug. 4 ..... Open House  
Mon., Sep. 8 ..... Fall Semester begins  
Thurs., Nov.26 – Fri., Nov. 27  
..... Academy Closed, Thanksgiving  
Fri.. Dec. 11 ..... Fall Semester ends