



Spring Seminars 2014

The registration deadline for the Spring seminars is **Wednesday, January 29, 2014**. Seminars will be filled on a first-come, first-served basis. Members will be placed in the seminars they request and **will not** receive a registration confirmation. Members will be notified if a seminar is full and may opt for a refund or alternate selection. **Registration forms must be mailed. They will not be accepted in person at the Circle of Scholars office.** For more information, please call (401) 341-2120 or e-mail circleofscholars@salve.edu.

St. Petersburg: As Portrayed in the Works of Pushkin, Gogol, and Dostoevsky

With *David McCarthy*

Eight Sessions: Mondays, 12:45 – 2:45 p.m.

Feb. 24, March 3, 10, 17, 24, 31, Apr. 7, 14

Location: Young Building Boardroom

Class limit: 20 Cost: \$65

St. Petersburg is, as Dostoevsky claimed, “the most fantastic city in the world,” Peter the Great’s dream of a “New Rome,” but almost since it was built in the late 18th century, Russian artists have seen it as embodying the great debate about Russian identity and its uneasy relationship with Enlightenment Europe. Was Petersburg a monumental triumph of reason over nature or a city built in defiance of nature?

Many great Russian artists have struggled with the paradox of this great city. This course will trace these conflicting attitudes from Pushkin’s “The Bronze Horseman,” to Gogol’s Petersburg stories, to Dostoevsky’s “The Double” and “Notes From the Underground.”

David McCarthy taught at Assumption and Stonehill colleges for 13 years and at Portsmouth Abbey for 31 years before retiring in 2002. He holds a bachelor’s degree from Notre Dame and a master’s degree from Columbia University.

Optimal Nutrition for Healthy Aging

With *Kristin Niessink, MS, RD*

Two Sessions: Mondays, 3 – 5 p.m.

Feb. 24, March 3

Location: Young Building Boardroom

Class limit: 25 Cost: \$20

As people age, nutritional needs change. Maintaining healthful eating habits with a focus on the specific nutritional needs of older adults will be the focus of

this seminar. Particular nutrients play key roles in different systems. It is therefore important to avoid nutrient deficiency. Dietary intake through whole foods is the goal, but is there a place for supplements? Energy needs also change and it is essential to achieve proper nutrition while meeting and not exceeding calorie needs. Mouth and sensory changes can make eating problematic and cause difficulty meeting nutrient needs. Misinformation is plentiful and this seminar will dispel some of the myths about nutrition and aging. If there is enough participant interest, we can arrange a tour through a local grocery store. Food labels are often loaded with buzzwords but have little to offer from a nutritional standpoint. Deciphering nutrition facts panels is an important tool for grocery shopping successfully.

Kristin Niessink is a registered and licensed dietitian with an M.S. in Nutrition from Boston University. She has a private practice in Middletown, R.I. As the staff nutritionist for Clements’ Marketplace, Kristin produces a cookbook, newsletters, and healthy product lists and hosts a monthly information table. She also provides nutrition counseling, teaches students, and hosts family meals and seminars at the Dr. Martin Luther King, Jr. Community Center in Newport, R.I. Kristin’s commitment to healthy living and her excitement for nutrition help to inspire others. Serving as both a motivator and coach, Kristin works directly with individuals to help them achieve their lifestyle and weight management goals.

Cultivating Compassion

With *Priscilla Szneke*

One Session: Tuesday, 9 a.m.–Noon

March 4

Location: Ochre Court, Library

Class limit: 20 Cost: \$20

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Research suggests that meditating on kindness and compassion leads to a sharp increase in brain gamma-waves, a significant decrease in inflammation, and a significant increase in immune system response. Neuroplasticity allows us to change structural and functional connectivity in our brain resulting in these changes. As little as two hours of repetitive activity changes connectivity in the brain. Join us as we cultivate compassion with a variety of techniques. This session is appropriate for all levels of meditators including those new or curious about the practice. Seminar format: Sitting, walking, and presentation.

Props needed: a cushion if you are sitting on the floor or you may use a chair in the room.

Priscilla Szneke is a mindfulness teacher integrating 30 years of experience in health care as a nurse, medical editor and epidemiologist with her commitment to meditation and yoga for stress reduction and personal growth. She has studied with a number of meditation teachers and has completed Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program for health care professionals.

The Emergence of the United States as a World Power 1876-1919

With Jim Garman

Six Sessions: Tuesdays, 10 a.m. – Noon
Feb. 18, 25, March 4, 11, 18, 25

Location: Young Building Boardroom

Class limit: 30 Cost: \$50

In 1876 the United States celebrated its Centennial with great ceremony. After the Civil War and the harshness of "Reconstruction" in the South, the U.S. emerged as a major force in the world. Internally we witnessed the tremendous strengthening of the Industrial Revolution (the "Captains of Industry" followed by the rise of organized labor), urbanization brought on by significant immigration, the rise of newspapers as reform-generators, progressive reform and other "modernizing" trends. It was an age that brought into focus many significant individuals, both here and abroad. The era ended with the major international conflict of World War I, a war into which the U.S. was

forced, somewhat reluctantly. It culminated with the controversial Versailles Peace Treaty in 1919. This is a new offering in a lecture format with time for questions.

Jim Garman was a teacher of U.S. and U.S. Advanced Placement history, as well as Modern European and Russian history at Portsmouth Abbey School from 1965 to 2004. He is the author of six books on Newport County history. This is his eighth course offering for Circle of Scholars.

Introduction to India

With Thomas F. Howard

Six Sessions: Tuesdays, 10 a.m. – Noon

Feb. 18, 25, March 4, 11, 18, 25

Location: Wakehurst, Room 206 *

Class limit: 20 Cost: \$50

This is an expanded and improved version of a seminar with the same title, given in February and March of last year. After hearing from many participants that they wished the seminar had been longer, this seminar will cover the physical geography and human geography of India; language, religion and caste; the independence movement; and more in-depth discussions on India as an emerging economic and political power.

**Please note: this classroom is not handicapped accessible.*

Thomas F. Howard retired in May 2012 from teaching geography (including "Geography and History of South Asia") at Armstrong Atlantic State University, in Savannah, Ga. His experience in India goes back to two years as a Peace Corps volunteer in Tamil Nadu in 1967-69. He was in India most recently for a month during the summer of 2011 for a National Endowment for the Humanities program for professors.

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Current International Events in Review

With Ron Becker and Ben Riggs

Eight Sessions: Tuesdays, 12:45 – 2:45 p.m.

Feb. 18, 25, March 4, 11, 18, 25 April 1, 8

Location: Young Building Boardroom

Class limit: 30 Cost: \$65

A workshop-style lecture and discussion series beginning with presentations of various country and regional overviews along with some political and socioeconomic issues in the first hour, followed in the second hour by a moderated open discussion of current international events of the past week. The topics selected for the first hour will add to an understanding of the current events being discussed and often will be presented by outside speakers with relevant expertise. Class participation and presentations by attendees are encouraged, but not required.

Ron Becker, a graduate of Reed College, is a retired actuary with over 35 years of technical and administrative experience in the life insurance industry and a life-long interest in history and politics.

Ben Riggs is a retired business executive who has served as chief executive for U.S. divisions of several foreign-owned conglomerates. After graduating from Boston University, he served for eight years as a naval aviator, remaining in the Naval Reserve until retirement. His knowledge and interest in international affairs arose from both his military career as well as numerous business dealings in Europe, Japan, and the Middle East.

Japan as Strategic Partner

With William R. Farrell, Ph.D.

Six Sessions: Tuesdays, 12:45 – 2:45 p.m.

Feb. 18, 25, March 4, 11, 18, 25

Location: Wakehurst, Room 206 *

Class limit: 30 Cost: \$50

The headlines bring troubling news from Asia. The actions of North Korea, coupled with territorial issues regarding China, Japan, and South Korea, are all potential sources of conflict. How two allies, Japan and the United States, respond will be central to any

solution. The U.S. – Japan relationship has been a key component of world politics. Themes will include: foundations of Japan; opening to the West; domestic and international issues; the road to Pearl Harbor; the U.S. occupation; the post-war “economic miracle,” and Japanese government decision-making and policies.

**Please note: this classroom is not handicapped accessible.*

Dr. William Farrell has been involved with Japan since 1968. He served there in the military and subsequently as executive director of the American Chamber of Commerce, Tokyo. He was president and chairman of a firm dealing with U.S. – Japan commercial interests. He has recently received the Imperial Order of the Rising Sun with Gold Rays from the Japanese Government. Farrell also teaches at the Naval War College.

Genealogical Research in Ireland

With Johanna Becker

Three Sessions: Tuesdays, 3 – 5 p.m.

Feb. 18, 25, March 4

Location: Young Building Boardroom

Class limit: 15 Cost: \$25

This course is designed to provide participants with the basic building blocks for research in 19th – and early 20th – century Ireland. To set the stage, the first class will cover the highlights of Irish history to help the participants understand the events that shaped Ireland. The second class will focus on the civil and political divisions of Ireland and the records available along with examples from the instructor’s own research. The third session will complete the focus of the second session and allow for an interactive discussion of specific research questions and problems from class participants. Participants should know the county of origin of their Irish ancestors and be comfortable navigating the Internet.

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Johanna Becker is an amateur genealogist who has researched her Irish ancestors in counties Kerry and Roscommon. She has taught both basic and intermediate U.S. Genealogy Research through the Circle of Scholars and enjoys sharing her knowledge with others. She is a member of the New England Historic Genealogical Society and the National Genealogical Society. She received her bachelor's degree from the University of Texas-Austin and a Master of Actuarial Science from the University of Michigan Business School and is a retired vice president and actuary of MetLife.

The Israeli/Palestinian Conflict

With George Kassis

Six Sessions: Tuesdays, 3 – 5 p.m.

Feb. 25, March 11, 18, 25, April 1, 8

Location: O'Hare Academic Ctr., Bazarsky Hall

Class limit: 60 Cost: \$50

This seminar will attempt to cover the evolution of the Israeli/Palestinian conflict over the last 100 years. It will include a review of major war and peace efforts, the development of Palestinian resistance groups such as Hamas and Hezbollah and the role of the Arab and Islamic states, including Iran, and the role of major world powers. It will focus on the key issues at stake today from a one vs. two-country solution, the status of Jerusalem, Jewish settlement in occupied territories, the Palestinian refugee problem and U.S. Foreign policy. Throughout the seminar, a major focus will be on the main efforts for peaceful resolution of this major international conflict.

George Kassis was born and raised in Aleppo, Syria, earned his master's degree from the American University of Beirut, Lebanon, and served with the United Nations in various senior capacities throughout the Middle East, including Sudan, Lebanon, Jordan and Yemen. He emigrated to the U.S. in 1984, continuing to work at UNICEF headquarters in New York City. Since 2009 he has resided in Portsmouth, R.I.

Ideation and Creativity

With Tom Choinski

Three Sessions: Tuesdays, 3 – 5 p.m.

March 4, 11, 18

Location: Wakehurst, Room 206 *

Class limit: 12 Cost: \$25

This seminar will dive into the front end of innovation by exploring the aspects of ideation and creativity through three sessions that include lectures, videos, exercises and discussions. Is it true that only certain people can innovate? Where do new ideas, products and concepts come from? Ideation and creativity will be explored from the perspectives of personality types, physiology, ways to stimulate creative thinking and innovative product development strategies.

**Please note: this classroom is not handicapped accessible.*

Tom Choinski has 34 years of experience in research and development, engineering, management and innovation spanning industry, government and academia. His publications include the Leading Edge magazine and Innovation Immersion Conference. Tom was one of the Top Ten Federal Engineers in 2008. His education includes engineering degrees, an M.B.A., program management certification, a national security studies fellowship and Ph.D. coursework at Salve Regina University.

Opera! Sopranos and Tenors

With Anthony J. Agostinelli

Five Sessions: Wednesdays, 8:30 – 10:30 a.m.

Feb. 26, March 5, 12, 19, 26

Location: Antone Academic Ctr., DiStefano Hall

Class limit: 30 Cost: \$40

This seminar will review the great and near-great sopranos and tenors who have become legendary in the field of opera from its earlier times to the present. Through the use of biographies, DVDs, VHS, CDs and LPs, and excursions on YouTube, we will have the opportunity to hear and read about their professional (and sometimes personal) lives and see them singing and performing in some of their classic roles. We will

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become re-acquainted with sopranos Maria Callas, Renata Tibaldi, Leontyne Price, Amelita Galla-Curci, Nellie Melba, Dame Joan Sutherland, Montserrat Caballe, Dame Tiri Ke Tanawa, Renee Fleming, tenors such as Enrico Caruso, Lauritz Melchior, Beniamino Gigli, Jussi Bjorling, Giuseppe di Stefano, Nicolai Gedda, Mario Lanza, Luciano Pavarotti, Jose Carreras, Placido Domingo, and the newest sopranos and tenors starting now (will choose at random with student suggestions). The great sopranos and tenors are grand opera at its finest.

Tony Agostinelli is a “re-wired” university professor, writer, mystery novelist, cable TV host (“JazzBash” on PA-18), jazz historian, musician and former aide to a governor and mayor in Rhode Island. He is a resident of Aquidneck Island.

Art Appreciation: A Journey through Visual Representations

With Noelle King

Eight Sessions: Wednesdays, 12:45 – 2:45 p.m.

Feb. 19, 26, March 5, 12, 19, 26, April 2, 9

Location: Young Building Boardroom

Class limit: 30 Cost: \$65

This seminar is a broad examination of the visual arts from the very earliest to the most contemporary. We will be exploring, primarily from a Western perspective, the history of art, its makers, their cultural backgrounds, materials and formats used, intentions of the artists, and their audiences. The eight classes will include illustrated lectures, class discussions, and a possible field trip, to be determined.

Noelle King (MA, Columbia University) teaches at the Newport Art Museum, Quinnipiac and Southern Connecticut State universities. Her work has been exhibited in several museums and galleries. She is the author of “Mystic as Muse: 100 Years of Inspiration” (2013), and received her M.F.A. as a member of the inaugural class in Art Practice at the School of Visual Arts.

Newport’s Origins to the Bill of Rights: Part II

With James Wermuth

Five Sessions: Wednesdays, 3 – 5 p.m.

Feb. 19, 26 March 5, 12, 19

Location: Young Building Boardroom

Class limit: 20 Costs: \$40

This intensive history class will track the process by which Rhode Island’s Royal Charter of 1663 served as the foundation for America’s founding documents. There will be particular emphasis on its foundation for America’s Bill of Rights. The program will emphasize Newport’s heritage as it seeks answers to why Providence and Roger Williams have become so prominent while Newport did all of the heavy lifting.

While this class will draw on information learned through Part I, it is open to all students interested in this formative part of American history. To that objective, the first class will provide a synoptic overview of Part I; this will serve as a refresher for previous students and it will provide a basis for those unable to attend Part I.

James Wermuth served as a U.S. naval submarine service nuclear qualified intelligence officer and has studied art and architectural history, conservation, architectural conservation and architecture and material science. A retired executive director for C.T.G. Intl. Inc., other professional accomplishments include lecturing, writing for a variety of publications and co-founding and serving as the executive director for the John Clarke Society.

Caravaggio: The Man, The Myth, The Master

With Robert A. Silvestre, Ph.D.

One Session: Thursday, 10 a.m. – Noon

February 20

Location: Wakehurst, Room 206 *

Class limit: 25 Costs: \$20

Michaelangelo Merisi Caravaggio, 1571-1610. Why was he unknown for 300 years?

After discovery in 1951, he became known as the greatest painter of this period and the father of

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“Chiaroscuro.” After years of research, the enigma of Caravaggio is coming to light. It is a most provocative mystery.

**Please note: this classroom is not handicapped accessible.*

Dr. Robert A. Silvestre embarked on the trail of the paintings of Caravaggio on many trips to Italy and began the research of this interesting and remarkable 16th-century artist. He has influenced many artists such as Rembrandt, Rubens, Velazquez, Breughel and others. Dr. Silvestre has a degree in biological sciences. He was past vice president of academic affairs at CCRI and is professor emeritus at CCRI.

Me, Myself, and I or the Art of Self Portrait In Photography

With Jan Armor

Four Sessions: Thursdays, 10 a.m. – Noon

Feb. 27, March 6, 13, 20

Location: Wakehurst, Room 206 *

Class limit: 20 Cost: \$35

There is a timeless delight to leaving behind a trace of ourselves for posterity. In this workshop we will explore the many possibilities of the self portrait using the medium of photography. We will investigate some famous artists of the self portrait, including Rembrandt, Van Gogh, Cindy Sherman and others. Homework assignments will be given and images will be shared and discussed with the participants.

**Please note: this classroom is not handicapped accessible.*

Jan Armor is a commercial and fine art photographer with many years of experience in both the digital and traditional mediums. He has received grants and awards for environmental photography, and has taught at the Newport Art Museum, the Bristol Art Museum, and at the Portsmouth and Tiverton arts organizations.

A History of Russia from 1825 to the Present

With Jim Garman

Six Sessions: Thursdays, 10 a.m. – Noon

Feb. 20, 27, March 6, 13, 20, 27

Location: Young Building Boardroom

Class limit: 30 Cost: \$50

This is a course in “modern” Russian history from the Decembrist Uprising in 1825 to the present day. It will include major events of world history that Russia was involved in, Russian intellectual history of the late 19th and early 20th centuries, the rise of Lenin, the revolutions of 1905 and 1917, the Soviet period under Stalin and his successors, and its break-up beginning in 1991, and a look at Russia today. This is a repeat offering from fall 2013.

Jim Garman was a teacher of U.S., Russian and Asian history at Portsmouth Abbey School from 1965 to 2004. He also taught photography for 20 years. He is a professional photographer and the author of six books on local Newport County history. He is the town historian for Portsmouth, R.I. He has a long-standing (40 years) interest in the history of Russia and visited there in 2012.

An Introduction to Islam

With Eleanor Doumato, Ph.D.

Six Sessions: Thursdays, 12:45 – 2:45 p.m.

Feb. 27, March 6, 13, 20, 27, April 3

Location: Young Building Boardroom

Class limit: 25 Cost: \$50

The goal of this course is for participants to gain a basic understanding of Islam as a religion and a way of life. We will discuss Islam’s origins, doctrines and ritual practices, as well as Islamic law and the connection between Islam and politics. We will also look at gender in the Islamic tradition, and Islam’s sectarian divisions. Teaching will be through readings, lecture, video and discussion.

Suggested but not required is Frederick Denny’s “Introduction to Islam,” any edition. Inexpensive used copies are available at barnesandnoble.com and Alibris.com.

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Dr. Eleanor Doumato has taught university courses on Islam and the Middle East for nearly 20 years, and has published four books and edited volumes, the most recent being "Teaching Islam: Textbooks and Religion in the Middle East." She has lived and worked for many years in Saudi Arabia, Lebanon and Iran. She currently consults for government agencies and research projects, and is a past president of the Association for Middle East Women's Studies.

China: All Past is Prologue

With Esmond D. Smith Jr., Ph.D.

Eight Sessions: Thursdays, 12:45 – 2:45 p.m.

Feb. 27, March 6, 13, 20, 27, April 3, 10, 17

Location: O'Hare Academic Ctr., Bazarsky Hall

Class limit: 45 Cost: \$65

This course will provide an introduction to China today and will be presented in a series of lectures augmented by short videos regarding China's people, their culture, religions and ideologies, their history, their experiences with the West and their modern rise to power. Class format will be a lecture/video followed by classroom discussions.

Dr. Esmond D. Smith Jr. is a retired naval officer, Chinese linguist, former naval attaché in Taiwan, and student of Chinese history and politics. He taught international business and courses on China and the Far East at the Johnson and Wales University graduate school from 1993 through 2006, including several term abroad programs in China, Singapore and Hong Kong. He is an adjunct professor in Salve Regina's international relations graduate program since 1995.

What is Happening to our Planet's Environment, and Why?

With Ben Riggs

Five Sessions: Thursdays, 3 – 5 p.m.

Feb. 20, 27, March 6, 13, 20

Location: Young Building Boardroom

Class limit: 30 Cost: \$40

The environment of our planet is changing, and there has been much debate on how much of that change is man-made, what is causing it, how it will affect us, and what we should do about it. This course will not focus on the debate over global warming, but rather on our environment. It will be both lecture and open discussion. The lecture portion will cover some historical perspectives taken from Jared Diamond's book "Collapse," as well as the effects of things like globalization, forestry, agriculture, fishing, energy production, and population growth on the land we live on and the oceans we depend on. We will also look at various methods for curbing global warming and pollution while still meeting our energy needs. A technical or science background is not required.

Ben Riggs is a retired business executive who has served as chief executive for U.S. divisions of several foreign-owned conglomerates. After graduating from Boston University, he served for eight years as a naval aviator, remaining in the Naval Reserve until retirement. His knowledge and interest in international and environmental affairs arose from both his military career as well as numerous business dealings in the U.S., Europe, Japan, and the Middle East, and responsibility for various energy-related projects. He has participated in numerous radio and TV panel discussions on environmental issues.

Missing Mansions of Newport

With Frank Girr

Five Sessions: Thursdays, 3 – 5 p.m.

Feb. 20, 27, March 6, 13, 20

Location: Wakehurst, Room 206 *

Class limit: 30 Cost: \$40

Newport has lost approximately 100 mansions. This seminar will consist of five slide presentations revealing information on the missing mansions, including architectural and social commentary on houses that were burned, demolished or altered beyond recognition.

**Please note: this classroom is not handicapped accessible.*

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Frank Girr taught English at Classical High School in Springfield, Mass., for 35 years and business communications at American International College for 14 years. Returning to Newport, he began studying the development of Newport as a summer resort and the building of the mansions. He holds bachelor's degrees from Bryant College and University of Rhode Island and a master's degree in English from University of Connecticut.

The Early Religious Community of Newport 1638-1800

With Rev. Paul Hanson, Ph.D.

Six Sessions: Fridays, 10 a.m. – Noon

Feb. 21, 28, March 7, 14, 21, 28

Location: Young Building Boardroom

Class limit: 25 Cost: \$50

From its earliest days, Newport was a true lively experiment in the practice of religious freedom. Through classroom lectures, discussion and a walking tour of some of the key historic churches in Newport, this course will explore how this founding principle was established and practiced. Beginning with the founding of the island community in 1638 that will look at such key religious figures as Ann Hutchinson, John Clarke, and William Coddington, the course will then explore the background and tenets of the earliest religious groups who settled in Newport including Baptists, Quakers, Jews, Congregationalists and Anglicans. (There will be an additional cost of between \$5 to \$10 to cover the cost of entrance fees to sites visited on the walking tour.)

Rev. Paul Hanson is the pastor of the United Baptist Church in Newport R.I. He has a Bachelor of Arts in history and biblical studies and a Doctorate of Ministry. For the last 20 years, he has made an extensive study on Dr. John Clarke and the early Baptist community of Newport from 1638 to 1735 and has spoken to various local and national groups on the significance of Dr. John Clarke and his contribution to the principle of religious liberty.

WriteLife2

With Jack Galvin

Eight Sessions: Fridays, 12:45 – 2:45 p.m.

Feb. 21, 28, March 7, 14, 21, 28 April 4, 11

Location: Antone Academic Center, Room 101

Class limit: 10 Cost: \$65

WriteLife2 is an opportunity for those who have experienced WriteLife1 to explore new topics in memoir writing. However, any Circle member may comfortably participate. WriteLife2 will follow the same format as WriteLife1. Each week the seminar will guide participants through the challenges of time, structure and the blank page to create short (2-4 pages) essays to be written at participants' leisure for the following class meeting. Participants will be offered a range of topics under a general theme in each session. During detailed discussion of assignments, Jack will also offer specific advice on the craft of writing. While topics and writing instruction will differ from WriteLife1, new participants need not have taken WriteLife1. The assignments and writing hints are meant to encourage writing that the participants will want to share with others in the group and with their families and friends.

Jack Galvin has been a writer and teacher of writing for 40 years. He co-wrote "Within Reach: My Everest Story" with Middletown's Mark Pfetzer, which was honored as an outstanding book for young adults. For many years he was head of the English Department at Rogers High School where he developed and taught composition courses. He has also taught writing on the college level.

Special Event

Understanding the Mafia: A Professional and Personal Perspective

With Chief Anthony M. Pesare

Saturday, March 22, 2014, 5-7 p.m.

O'Hare Academic Center

Bazarsky Lecture Hall

Cost: \$10 per person

Member plus two guests

Please see registration form for event description.