

Boston Avenue



United Methodist Church

Celebrating our 38th Year

WEDNESDAYS,

October 5 – November 2

2011

FIVE CONSECUTIVE WEEKS

Dr. Mouzon Biggs, Jr., Senior Minister

Dr. Bill Crowell, Staff Coordinator

www.bostonavenue.org

**THE BOSTON AVENUE SCHOOL
OF CONTINUING EDUCATION**

COME SPEND THE DAY AT B A!

Welcome to another exciting School of Continuing Education! We'll begin at 9:30 AM and hold classes during the morning hours, have our Forum Luncheon and Speaker presentation at 11:45 AM, and then continue afternoon and early evening classes until 5:15 PM. So, we say to you -- "Come Spend the Day at B A!"

And don't forget, Snack Supper is from 5:00 – 6:30 PM in Community Hall; so you can eat lunch AND dinner prepared by our wonderful cook, Sharon Cambridge.

Wednesdays are your special day at B A. Come learn and grow and eat a good meal (or two)!



COURSE OFFERINGS:

The Bible and the Church2
Expand Your Horizon2
The World Around Us5
Arts & Crafts, Hobbies & Fun7
Bonus Presentation9
Forum Luncheons11
What You Need to Know/Registration Reminder
Registration Form

∞ THE BIBLE & THE CHURCH ∞

BOOKS OF JOSHUA AND JUDGES

10:45 - 11:45 AM

Dr. Mouzon Biggs, Jr

The first five scrolls, the Torah, are the most important to the Jewish community, but what happened after the death of Moses? To whom did God turn next to guide His people in Israel? We will study the Books of Joshua and Judges to find the answer.

SCIENCE AND GOD: ENEMIES OR FRIENDS?

9:30 - 10:30 AM

Dr. Joel Panciera

For hundreds of years, extremists on both sides of this debate have attempted to cast religion and science as being in opposition to each other. When church and state were linked in Europe during the Middle Ages, scientists risked their lives to share their discoveries with the world. Today, we have “bomb throwers” on both sides who find it useful to cast religion and science in opposition to generate controversy and media attention. In his book, *The Language of God*, Francis Collins, the scientist who led the international team that decoded the human genome, asserts that a deeper understanding of science can actually be a path to God. In fact, he believes that the human genome can be understood as “the language of God.” In this course we will explore his ideas and hopefully affirm how a deeper understanding of our world and biology might in fact enrich our understanding of The Ultimate Creator.

∞ EXPAND YOUR HORIZONS ∞

EASY EATS

9:30 - 11:45 AM

Lucille Griffin

Lucille Griffin is a well-received instructor and advisor for Tulsa Community College. She brings to SCE a vast knowledge of food and cooking. Her recipes are sure to inspire the "chef" in you!

Join our fun-filled Wednesday mornings *and* you get to eat your lesson! Each week we will fix new, different dishes:

Oct 5 Great treats for a cool evening.

Oct 12 Holiday breakfast buffet.

Oct 19 Holiday evening -- having a few special guests in.

Oct 26 What to do with all the leftovers.

Nov 2 Fun stuff for the holidays.

Recipes will be printed for you to keep and share each week; so come and bring your appetite!

An additional supply fee of \$50 is required for this class.

There is a maximum of 15 students for this class.

BEGINNING SPANISH CONVERSATION

1:15 - 2:15 PM

Elizabeth Rodrigues-Thompson

This course will introduce students to basic communication phrases in Spanish. The major focus is to give the learner essential vocabulary needed to communicate in everyday life. The objective is to help the learner express himself/herself in practical situations. There will be group activities and some simple work sheets, e.g. crossword puzzles, fill in the blanks, etc. Some of the topics we will cover include: greetings and introductions, origin/nationality and numbers, telling the time, shopping, locating places and things, asking for information.

Elizabeth Rodrigues-Thompson was a Spanish tutor at the University of Tulsa for several years as well as an independent Spanish tutor for high school students.

GENEALOGY: BEYOND THE BASICS

2:30 - 3:30 PM

Barbara Becker Meehan, MLIS, CG

After a quick review of how to begin the search for your family history, we will learn together how to build your skills and how to locate some of the newest and best resources. We will also explore genealogy software, online resources, and DNA testing; all the while communicating outside of class on the Genealogy Class Blog.

Basic understanding of your computer and the Internet is a must.

BOOKS IN THE AFTERNOON

1:15 - 2:15 PM

Gwen Humphrey, Coordinator

"Books are the treasured wealth of the world." ~ Henry David Thoreau

- Oct 5 Mary Helen Stanley will introduce us to *The Lucky One* by Nicholas Sparks.
- Oct 12 Sheila Parr will review Helen Rowley's *Franklin and Eleanor: An Extraordinary Marriage*.
- Oct 19 *The Pioneer Woman* by Ree Drummond will be reviewed by Marilyn Newkirk.
- Oct 26 Gayle Teter will present Cheryl Jarvis's *The Necklace*.
- Nov 2 Gwen Humphrey will review *Mount Vernon Love Story: A Novel of George and Martha Washington*.

OKLAHOMA FOLKLIFE

3:15 - 5:15 PM

Dr. Guy Logsdon

Guy says about his class:

“In the early 1970s I wrote and narrated a television series titled *Folklore of the Southwest* for OETA and later did an additional five shows. Most of the material, subjects and informants were in Oklahoma; therefore, I have titled this series *Oklahoma Folklife*. I have much of the film and/or recordings made for the series and will use them to share contemporary and historic traditions related to Spanish-Mexican, American Indian, African-American and Anglo customs. The customs include water witching, madstones, music for enjoyment, religious activities and many other traditions and beliefs.”

LEARN TO MODEL LIKE A PROFESSIONAL

2:30 - 3:30 PM / 4:00 - 5:00 PM

Mary Lou Martin

While you are perfecting your modeling techniques, join us for an exciting tour through the "Field of Fashion." Distinguish between fashion and fad -- what to adopt and what to reject. Attention will be focused on effective wardrobe planning and accessorizing, makeup usage, standing, sitting and walking as you look your best, posing for an attractive picture, using your voice to make a positive impression, and more as time permits.

2:30 - 3:30 PM Adventuresome Ladies of All Ages.

4:00 - 5:00 PM, "Yea! Here I Come." (Designed for Teenagers.)

Mary Lou is the previous owner of Mary Lou Martin School of Modeling and Charm located in the State of Texas. She also has taught at Rogers State College in Claremore and Oral Roberts University in Tulsa.

∞ THE WORLD AROUND US ∞

AMERICAN HISTORY

9:30 - 10:30 AM

Thomas J. Donahy and Bill Gaddis

Join us for interesting and informative discussions on some of the most important moments and events in American History. Each week we will focus on a different topic:

Oct 5 Theodore Roosevelt.

Oct 12 America's First Civil War: The American Revolution.

Oct 19 Sam Adams: More than Just a Beer.

Oct 26 Harry S. Truman.

Nov 2 Study History? Why Bother?

Bill Gaddis is a lawyer with the Whitebook & Gaddis law firm and is an avid historian. He has taught SCE classes through the years; some of which included classes on law.

Tom Donahy is a veteran teacher for SCE. He has taught several classes including ballroom dance and history.

THE CIVIL WAR

10:45 - 11:45 AM

Thomas J. Donahy

The Civil War is the most momentous event in American history. Since 2011 is the 150th anniversary of this conflict, it is appropriate that we re-acquaint ourselves with this tragedy.

- Oct 5 We will begin with an overview of the war emphasizing innovations and personalities.
- Oct 12 We will trace the origins of the war from the Constitutional Convention of 1787 to the Compromise of 1850 with several stops in between.
- Oct 19 The focus will be on the violent decade of the 1850s. We will also talk about Bleeding Kansas, John Brown, Election of Lincoln, and the Secession of the South.
- Oct 26 We will take a look at a few battles along with a slide show of Civil War scenes.
- Nov 2 We will conclude with a discussion of memories of the war through politics, film, literature, and historians' views of causes and effects.

You won't want to miss this class!

THE "FORGOTTEN WAR"

9:30 - 10:30 AM

Tom McLain, Coordinator

The Korean War: June 1950 to June 1953 cost the United States over 36,000 lives. Why? What happened? Come and take a fascinating journey through America's "Forgotten War."

- Oct 5 Bill Gaddis will explain the events leading up to Russia and China's aggression.
- Oct 12 Tom McLain, 2nd Infantry Division, 1951, will discuss the May Massacre and the battles for Bloody Ridge and Heartbreak Ridge.
- Oct 19 Bill Gotcher, USMC, will discuss the battle for Pusan Perimeter, Inchon Landing, and "Frozen Chosen."
- Oct 26 Dudley Hardin, USAF will discuss his service as a member of the Air Intelligence Service, to include POWs, guerilla warfare and operations behind enemy lines.
- Nov 2 A panel of all speakers will answer questions and include a "Show and Tell." Other Korean War veterans are invited to share their stories.

TRAVEL WITH A CAMERA

10:45 - 11:45 AM

Photographers who love to travel and share their experiences will treat you to beautiful and intriguing faraway places.

Oct 5 Tom Campbell: *South Africa with United Methodist Bishop Robert E. Hayes.*

Oct 12 Paul Johnson: *Search for the Northern Lights.*

Oct 19 Frank and Dorrie Efron: *Singapore to Dubai - A Contrast of Cultures.*

Oct 26 Ken and Ruth Weston: *Southern Spain: Seville, Granada, and the Alhambra.*

Nov 2 Dr. Nancy Feldman: *Tribal Bands in China.*

∞ ARTS & CRAFTS, HOBBIES & FUN ∞

OKLAHOMA AT THE MOVIES

2:30 - 4:30 PM Bill Gaddis, Bob Skalla, Bob Ronne, Coordinators

Join us for a fun afternoon of Oklahoma at the Movies! We will watch epic cinematic features set in or inspired by the great State of Oklahoma. We will be in our very own movie theater in the children's area -- complete with popcorn!

Oct 5 *Oklahoma*

Oct 12 *Tulsa*

Oct 19 *The Outsiders*

Oct 26 *Dillinger*

Nov 2 *Where the Red Fern Grows*

MAH JONGG

1:15 - 3:15 PM

Joanne Colbert and Debbie Pinkerton

Mah Jongg, a game played using tiles, was first played by the ruling class of China and dates back to the time of Confucius. It is still the most popular game in the Orient and is becoming very popular in the U.S. We welcome beginners and those who have experience. We will be using the Mah Jongg League rules and 2011 card. You will learn the basics, and in a short time will be playing a fun game of chance and skill!

There is a fee of \$7.00 to be paid upon registering. If you have the 2011 Mah Jongg card, the registration fee will be waived.

There is a minimum of 4 and a maximum of 12 students for this class.

❧ BONUS PRESENTATION ❧

Wednesday November 9 at 2:00 PM

Community Hall

Balance and Fall Prevention Seminar/Screening

Holly Thompson

Holly has been a physical therapist for 13 years at St. John Medical Center with experience in all areas of rehabilitation. Holly has extensive training in presenting balance and fall prevention rehabilitation seminars and fall risk screenings at St. John's. She has a specialty certification as an NDT therapist, assisting people that have had strokes in neuro-developmental techniques to regain optimal function. Holly developed the physical therapy program for St John's Pulmonary Rehab and led a team of therapists for over nine years helping people with lung disease improve their quality of life. Holly has experience in Cardiac Rehab as well. Holly works with people who have chronic diseases (such as multiple sclerosis, Parkinson's disease, peripheral neuropathy, etc) to develop treatment strategies to improve their overall function and achieve their personal goals. She also has certification as a Golf Performance and Fitness Specialist through the Back to Golf program. She designs golf specific exercise programs for individuals to get the body "golf ready." She recently went through the Titleist Performance Institute to qualify as a certified golf fitness instructor. Holly is currently working at Tulsa Spine and Rehab specializing in fall prevention/balance retraining and golf fitness.

Topics for Discussion:

- What happens as we age to affect balance systems in the body?
- What can be done to prevent falls
- Safety in the home
- Specific exercises to decrease risk of falling

⌘ NOTES ⌘

∞ FORUM LUNCHEONS ∞

Good food, outstanding programs, and great fellowship are all features of the forum luncheons held in Community Hall at 11:45 AM each Wednesday during the School. Lunches are \$8.00 each and available **by advanced reservation and payment only**. For your convenience, you may reserve all five luncheons on the registration form for \$40. Please be sure to reserve your meal **no later than the Wednesday prior** to the luncheon desired. Persons who do not wish to eat are welcome to attend the programs at no charge.

Wednesday, October 5

Tulsa D A Tim Harris - "Tulsa: Meth Capitol of Oklahoma"

Crunchy Chicken Salad in Pita Pockets
Fresh Fruit Medley
Dessert: Tiramisu Mousse Cheesecake

Wednesday, October 12

TU Head Football Coach Bill Blankenship

Acapulco Delight w/Trimings
Dessert: Fresh Pineapple Tapioca

Wednesday, October 19

Award Winning Author Michael Wallis

Chicken Tetrizzini
Mixed Greens and Pear Salad Specialty
Bread
Dessert: Twinkle Cake

Wednesday, October 26

KTUL Channel 8 Sports Director Chris Lincoln

Turkey/Ham/Avocado Cheese Wraps
Cole Slaw w/Honey Roasted Nuts/Pea Salad
Dessert: Chocolate Toffee Cake

Wednesday, November 2

Dr. Mouzon Biggs, Jr. - "Israel"

Ham/Spinach Quiche
Ambrosia Salad
Specialty Bread
Dessert: Pumpkin Spice Cake

❧ WHAT YOU NEED TO KNOW ❧

- In order to determine enrollment numbers early registration is requested and encouraged. Registration is \$15 per person. For this one fee, you can enroll in as many courses as you can fit into your schedule. Some courses may require supplies and/or books at an additional charge. Please check course descriptions for details.
- In the event sufficient registrants are not received for any one class, it may be cancelled. In such case we will notify you by phone or e-mail.
- Forum luncheons are available only by advance reservations and payment. Each lunch is \$8 and **must be reserved no later than the Wednesday prior** to the desired luncheon. No meal is guaranteed without a reservation; however, you are still welcome to attend the program at no charge.
- Room assignments and directions will be available during the opening week of the School. SCE Committee volunteers will be on hand and ready to assist you.
- Questions may be directed to the SCE Office at 918-583-5181.

∞ REGISTRATION REMINDER ∞

For your records, please fill out the following to remind you of what classes you have enrolled in and which lunches you have reserved.

Day	Time	Course

Lunches

- 10/5 10/12 10/19 10/26 11/2

FALL 2011 SCHOOL OF CONTINUING EDUCATION
∞ REGISTRATION FORM ∞

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____
Are you a member of Boston Avenue? Yes No

COURSE OFFERINGS

Please indicate your class selections on the other side of this form.

LUNCH RESERVATIONS

What name(s) do you want your lunch reservations to be listed under?

Please indicate how many reservations you wish to make for each meal:

() 10/5 () 10/12 () 10/19 () 10/26 () 11/2

REGISTRATION FEE TALLY

Registration fee (\$15 per person): \$ _____
Lunch reservations (\$8 per meal per person): \$ _____
Special class fees (if applicable; see course listings for details): \$ _____
Grand Total: \$ _____

Please make checks payable to "Boston Avenue Church." Payment of all fees must accompany your registration form. Please mail or hand-deliver (sorry, no phone registrations) your completed registration form and payment to: The Boston Avenue Church

Attn: SCE Office
1301 S. Boston Ave.
Tulsa, OK 74119-3297

COURSE OFFERINGS

Please complete one form for each person
(Page numbers follow each course listing.)

Wednesday 9:30 – 10:30 AM

- American History5 Science and God2
- The “Forgotten War”6

Wednesday 9:30 – 11:45 AM

- Easy Eats2

Wednesday 10:45 – 11:45 AM

- Joshua and Judges2 Travel with Camera.....7
- The Civil War..... 5

Wednesday 1:15 – 2:15 PM

- Books in the Afternoon4

Wednesday 1:15 – 3:15 PM

- Mah Jongg8 Beginning Spanish..... .3

Wednesday 2:30 – 3:30PM

- Genealogy3 Learn to Model4

Wednesday 2:30 – 4:30PM

- Oklahoma at the Movies7

Wednesday 3:15 – 5:15PM

- Oklahoma Folklife4

Bonus Presentation - November 9th only

2:00pm

- Balance and Fall Prevention.....9

Chairpersons:

Jerry and Joanne Emmons

Forum Luncheon Chairpersons:

Dr. Bill Crowell; Tom McLain; Roy Lewis

SCE COMMITTEE

Jerri Abbott	Don Forsman
Don Adams	Fay Larson
Anita Dewhurst	Shirley Larson
Ann Dietert	Roy Lewis
Norman Dietert	Beverly Lightner
Jerry Emmons	Darlene McLain
Joanne Emmons	Tom McLain
Bill Gaddis	Evelyn McPherson
Allen Hinds	Bob Ronne
Keith Judkins	Bob Skalla
Valerie Judkins	Ruth Weston
Priscilla Kincaid	Elaine Whitehouse

Staff Coordinator: Dr. Bill Crowell

Staff Secretary: Paula Gradney

Logo: Chris Phillips

The Boston Avenue Church
United Methodist
1301 S Boston Ave
Tulsa, OK 74119-3297

Non-Profit Org.
U.S. Postage
PAID
Permit No. 581
Tulsa, OK

Address Service Requested