

outer paths

Martial Arts

#7001 A Self Defense for Beginners



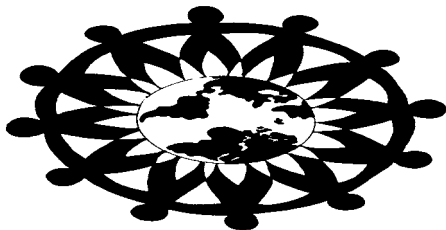
This class will focus on basic self-defense techniques for beginners. You will learn how to recognize, avoid and escape dangerous situations. You will learn this in a safe and comfortable environment with the aid of a female instructor with 18 years of martial arts experience. As a woman, this instructor can address the special needs of women in self-defense classes. However, all are welcome to enjoy this class. If you are interested in gaining confidence, protecting yourself and your loved ones, or learning more about the core philosophies and techniques of martial arts and self defense, this class is for you.

CONVENER: Elizabeth Barrett (816-524-0646)

E-mail: ebbhwf@umkc.edu

CLASS FEE: \$16

Sec. A: 6 sessions; Thursdays, beginning February 28; 7:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 20



#7002 A Jujitsu and Basic Self Defense

This class will stress the basic fundamentals, movements (kata), self defense applications (bunkai), practical fighting, and self defense applications in a controlled environment (kumite), and martial philosophy (kihon): through the medium Dito-Ryu & Taiko-Ryu Aiki-jujitsu. The goal of this course is to help the student develop a sense of confidence and understanding in practical self defense methods that can be easily applied regardless of size, age, strength, disability, or gender. Please bring \$25 to class for safety equipment. Aaron holds black belts in several forms of martial arts and has studied all over the world.

CONVENER: Aaron Jones ((785) 317-3110)

E-mail: acj3737@yahoo.com

CLASS FEE: \$16

Sec. A: 8 sessions; Mondays, beginning February 11; 6:00 PM - 7:00 PM; Bella Studios of Performing Arts, 508 Westport Rd. Suite 102, located in the Tivoli Manor Bldg.; LIMIT: 25

#7003 A, B, C or D

Traditional Shaolin Kung Fu

Learn self defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey, and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, January 22; 8:00 PM - 9:00 PM;

Sec. B: 1 session; Friday, January 25; 6:30 PM - 8:30 PM;

Sec. C: 1 session; Tuesday, April 1; 8:00 PM - 9:00 PM;

Sec. D: 1 session; Friday, April 4; 6:30 PM - 8:00 PM;

MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

Recreation

#7101 A or B

Learn to Curl: An Olympic Sport

Did you know that this 400 year old Scottish sport is played by over 1.5 million people worldwide? Taught alongside actual curling matches each week, our "Learn to Curl" program consists of a 15 minute video tape on the sport of curling, followed by a question and answer period. Those who are comfortable standing on ice will use the remaining time trying the various techniques (delivery of the rock, sweeping and game strategy) demonstrated by curlers of the Kansas City Curling Club. You are encouraged to join us after the games as we socialize (broomstack). Wear loose fitted clothes that will keep you warm to 40 degrees and a clean pair of rubber soled shoes (i.e. sneakers).

CONVENER: Bill McBride (913-599-9965)

E-mail: wam@kccurling.com; Web site: www.kccurling.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, February 10; 10:45 AM - 12:30 PM;

Sec. B: 1 session; Sunday, February 10; 12:15 PM - 2:00 PM;

MEETS: Pepsi Ice Midwest, 12140 W Quivera & 135th St., OPKS; LIMIT: 12

#7102 A or B

Introduction to Horsemanship

Always wanted to learn to ride? Learn about the safe handling of the horse covering grooming, saddling, history and behavior. This is not a trail ride! You will actually learn something about horses in this fun-filled class, located on 300 acres north of the river. Ages 5 years and up, welcome. Participants will be eligible to sign up for additional riding lessons, separate from Communiversity. Call Communiversity for a map to the farm. Please bring carrots for the horses and \$15 to class for horse and equipment rental and refreshments. Jeri has an Animal Science and Veterinary Industry degree and has taught horsemanship for over 20 years.

CONVENER: Jeri Lee Yagello

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 5; 1:00 PM - 3:00 PM;

Sec. B: 1 session; Saturday, May 3; 1:00 PM - 3:00 PM;

MEETS: Wind in the Willows Farm, near KCI Airport (contact Communiversity for map), KCMO; LIMIT: 25

Trips & Tours

#7201 A

May Day Makeover Trip



We'll travel to unique boutiques to shop for clothes and we'll have beauty and makeup consultants on board to give you beauty tips, samples and minimakeovers. Special discounts and gift items are included at the shops we will be visiting. Need a new look - now's the time to spend a day becoming a fashion diva or just perfecting your style. Cost is \$64 per person and includes escorted round-trip luxury motor coach transportation, lunch, gift items, discounts, shopping bag, and more! Valued Venues LLC's mission is to bring value to the individual and community experience. Motor coach boards at 9:30am! Please register by 04/01 (no refunds after this date).

CONVENER: Valued Venues LLC (816-792-2670)

E-mail: customerservice@valuedvenues.com

Web site: www.valuedvenues.com

CLASS FEE: \$14 + \$64 material fee = \$78

Sec. A: 1 session; Thursday, May 1; 10:00 AM - 4:00 PM; Motorcoach Boarding, 115 West 5th St, KC, MO; LIMIT: 20

#7202 A

St. Patrick's Day Antique Road Trip to Lexington, MO



An Antique Road Trip to historic Lexington, MO to shop for antiques and collectibles. Included is information on selling your purchases on eBay for a profit, videos shown enroute on distinguishing collectibles, plus a Corned Beef and Cabbage lunch served at 11 am at a traditional Irish Pub. Guide and round-trip luxury motor coach transportation included. Valued Venues LLC's mission is to bring value to the individual and community experience. Motor coach boards at 9:30am!. Cost is \$64 per person and motor coach boards at 9:30am! Please register by 02/17 (no refunds after this date).

CONVENER: Valued Venues LLC (816-792-2670)

E-mail: customerservice@valuedvenues.com

Web site: www.valuedvenues.com

CLASS FEE: \$14 + \$64 material fee = \$78

Sec. A: 1 session; Monday, March 17; 10:00 AM - 4:00 PM;

Motorcoach Boarding, 115 West 5th St, KC, MO; LIMIT: 20

#7203 A

Earth Day Garden Shopping Trip & Tea Party



Spend Earth Day on an escorted luxury motor coach shopping trip to an Iris Farm where you will have over 2,000 Iris varieties to choose from. Get ideas for your water garden from examples on display. Shop for Statuary for your garden. There will be hundred's of pieces to choose from plus room to bring back the items you purchase. Enjoy a Garden Tea Party for lunch. Great way to spend a day full of new items and ideas for your garden. Valued Venues LLC's mission is bringing value to the individual and community experiences. Cost is \$64 per person and motor coach boards at 9:30am! Please register by 03/22 (no refunds after this date).

CONVENER: Valued Venues LLC (816-792-2670)

E-mail: customerservice@valuedvenues.com

Web site: www.valuedvenues.com

CLASS FEE: \$14 + \$64 material fee = \$78

Sec. A: 1 session; Tuesday, April 22; 10:00 AM - 4:00 PM;

Motorcoach Boarding, 115 West 5th St, KC, MO; LIMIT: 20

Save Time!
Fill Out Your
Registration Form
On-Line
www.umkc.edu/commu

#7204 A

Valentine's Day High Tea & Antique Road Trip to Belton, MO



An antique road trip to shop for collectibles for your own use or resale in historic downtown Belton, MO. You can make money on an Antique Road Trip. Tips on selling your purchases on eBay for a profit, informational videos shown enroute, special discounts, and items and High Tea provided plus round trip luxury motor coach transportation and guide. Trip boards at the River Market Antique Mall parking lot at 115 W. 5th in K.C., MO. Valued Venues LLC mission is to bringing value to the individual and community experience. Cost is \$64 per person and motor coach boards at 9:30am! Please register by 01/14 (no refunds after this date).

CONVENER: Valued Venues LLC (816-792-2670)

E-mail: customerservice@valuedvenues.com

Web site: www.valuedvenues.com

CLASS FEE: \$14 + \$64 material fee = \$78

Sec. A: 1 session; Thursday, February 14; 10:00 AM - 4:00 PM; Motorcoach Boarding, 115 West 5th St, KC. MO; LIMIT: 20

Social Issues

#8001 A

The Primaries Are Next Month: How Will You Choose Which Lousy Politician You Will Vote for?

Many Americans complain about politicians and believe there is nothing they can do about "politics as usual." According to political analyst Larry Bradley there are ways to demand what you want from the primaries instead of passively accepting what you're offered. This class is intended for the independent voter looking for a better way to choose between the lesser of two evils when they vote. Learn: How to make the best choice among lousy political choices and candidates; How to analyze important issues without seeing them in strictly partisan terms; How the 1932 election issue of Prohibition offers us a lesson for this election; How you can influence the process personally Larry's book, *Neither Liberal Nor Conservative Be: An Action Plan for People Disgusted by Polarized Politics* provides people with new insights into their political philosophy to make their lives as citizens and voters more effective and efficient.

CONVENER: Larry Bradley R (402-321-4851)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, January 23; 6:30 PM - 7:30 PM; University Center, Rm. 117, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20



#8002 A

So Where's the Peace?

The public's backing of the wars in Afghanistan and Iraq have changed 180 degrees. People want U.S. troops out of the endless quagmire. Yet there doesn't appear to be the political will to get it done. This class will explore what the hold up is and what local and

national voters and peace activists might do. The presidential election takes place this year and so do elections for U.S. House and Senate seats and state-house offices. Could peace finally have found its time to forge a real, sustainable, radical American ballot box revolution?

CONVENER: Lewis Diuguid; E-mail: ldiuguid@kcstar.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 6; 7:00 PM - 9:00 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 30

#8003 A

The Environmental Movement, Past and into the Future

Can Big Business control its appetite and avoid eating us out of house and home? Pogo, back in the 1970's, answered this way "The enemy is us." Today we ask, "Do we binge on consumption or are we force fed?" Participants will project their vision of a sustainable world. Who would have to do what to bring this about? Cliff Humphrey founded Ecology Action in the Berkeley of 1968. In 1980 he was proclaimed the grandfather of Recycling by his peers. He is a published author and has been a national speaker on environmental issues. Please bring \$3.00 for materials

CONVENER: Cliff Humphrey (816-569-0540)

E-mail: cliffbilliehumphrey@mac.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 29; 10:00 AM - 1:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 10

#8005 A

Challenging Corporate Power

Join in a discussion of corporate power, the 14th amendment and illegitimate use of constitutional rights. A series created by the Women's International League for Peace and Freedom, this workshop is dedicated to understanding how corporations became a "natural person," illegitimately using these powers to define our law, politics, jurisprudence, work, technologies, food, communities... you name it! Bring \$2 for materials to class.

CONVENER: Sharon Lockhart CFP™ CDFA

CLASS FEE: \$16

Sec. A: 10 sessions; Thursdays, beginning January 24; 7:00 PM - 8:30 PM; Flarshem Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 10

"You cannot
escape the
responsibility of
tomorrow by
evading it today"
~Abraham
Lincoln

Volunteer

#8101

Volunteer for Chess Assistance Coach in KC Schools

An orientation and Q and A session for those wishing to help coach K - 8th grade kids who want to learn how to play chess in a (non-profit) after-school program. The program includes KC Charter schools and schools in the Hickman Mills, Fort Osage, North Kansas City, Independence, and Grandview school districts. Chess experience is desirable but not required--all ages and ability levels are welcome. We will have fun learning and teaching chess! Dale Lombard has been teaching chess in KC area elementary and middle schools for the past four years and has been working with the Local Investment Commission (LINC) after-school program and KC library chess clubs.

Convener: Mr Dale Lombard (816-517-1012)

E-mail: dalomba@sbcglobal.net

CLASS FEE: \$9

Sec. A: 1 session; Saturday, January 26; 10:00 AM - 12:00 PM; Rockhurst Community Center, 5401 Troost, KCMO; LIMIT: 12

#8102

Creating a Sustainable World: Volunteer Orientation

Do you dream of an environmentally sustainable future? Come help create it! Since 1991, Bridging The Gap has provided hands-on opportunities for environmental action and education in our community. Recycling, litter prevention, educational outreach, and ecological restoration are just a few of the projects in which you can get involved.

Convener: Bridging the Gap (816-561-1087)

E-mail: volunteer@bridgingthegap.org

Web site: www.bridgingthegap.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, February 6; 6:00 PM - 8:30 PM; Bridging the Gap, 435 Westport Rd., KCMO, SE corner of Westport and Pennsylvania, take alley between 180 and Harpo's, BTG is at the end on the left.

LIMIT: 15