

## 21-23 August 2017 cont./

### Life Drawing

Michael Croker

We will consider the best approaches to constructing and capturing a convincing likeness of the model. All abilities welcome. Please bring drawing materials, e.g. pencils, charcoal or pens, plus paper and pad or board to lean on.

Limited to 10 students.

3 days 10-1pm

£52

SLD03C17

### DNA and the Tree of Life

Tim Parrott

Three simple letters, the short name for the iconic Double Helix which seems to encode the secret of Life itself. Your body manufactures about 2 miles of it every second. That is not a misprint. Before 1953, no one had any clear idea as to how living things reproduce (or even maintain) themselves. Attenborough's programmes tell (and show) to perfection how animals and plants live their lives, but if you want to know how they came to be, this three-morning course is for you.

3 days 10-1pm

£40

SDN03C17

### Reading Latin 3

Jenny Morris

We will be reading the central book of Virgil's epic poem, *The Aeneid*. In this book, Aeneas, whose destiny was to found the future Rome, is taken down to the Underworld to meet up with the ghost of his father, Anchises. Anchises inspires Aeneas by showing him the generations of his descendants, including the emperor under whom Virgil was writing: Augustus Caesar. Seamus Heaney describes this as 'the best of books and the worst of books': best, because of its lyricism and vivid evocation of the afterlife, but worse because of its 'imperial certitude'. Heaney's last work was a translation of Aeneid Book 6, published after his death. We shall have this, and other translations to hand, as we enjoy the Latin. We shall also consider some other poetry, art, and music that has inspired so many over the subsequent centuries.

3 days 10-1pm

£40

SRL03C17

### Parisian Gardens

Dr Twigs Way

*Three mornings in class.*

The city of Paris is famed for its gardens and this course will introduce their history and their fashions: from royalty through revolution to public park, in art and in literature as well as in reality. Gardens will include Jardin des Tuileries, Parc des Buttes-Chaumont, Jardin du Luxembourg, the Jardin des Plantes, Parc Monceau, and the Parc Andre Citroen and others.

3 days 10-1pm

£80

SGH03C17

### The Making of a Pre-Raphaelite Masterpiece

Caroline Bacon

Formed as a reaction against the triviality of contemporary Victorian Genre painting, the Pre-Raphaelite Brotherhood, as their name suggests, looked back to the later Medieval period for their inspiration. Often misunderstood and notorious, then as now, for their unconventional lives, the PRB found allies in John Ruskin and William Morris. We shall look at the key paintings by Holman Hunt, Millais and Rossetti to discover why and how they were created, and the response the Brotherhood received in their efforts to shake the art world.

3 days 10-1pm

£40

SPR03C17



Book on-line at [www.recbedford.co.uk](http://www.recbedford.co.uk)

## Weekend Courses

These courses are open to everyone over 18 and must be booked in advance.

Non-members must pay day membership of £4.

Courses run from 10am to 3.30pm, unless otherwise stated.

Hot and cold lunches are available at an extra cost.

Tea, coffee and snacks are available to purchase at morning and afternoon breaks.

## Saturday 14 October 2017

### Cavafy: Life & Work

Jenny Morris

Constantine P. Cavafy, the Greek poet, was born in Alexandria in Egypt when Egypt was still part of the Ottoman Empire. He died there in 1933, when Egypt was a Kingdom. During his youth, Cavafy lived in many different places, including Liverpool and Constantinople, but his poetry was written when he returned to Alexandria in 1885 where he became a journalist and civil servant throughout the period when Egypt was a British protectorate and beyond. His themes were philosophical, sensual and historical. His poems have been widely translated and disseminated, though mainly only informally during Cavafy's lifetime. They have also inspired many other writers and some artists, notably David Hockney. Participants are welcome to bring a copy of a translation of Cavafy's poems, but this is by no means necessary.

£25 members (+ £4 non)

WCL14A17

### The Parthenon and the Elgin Marbles

Geoffrey Toms

The Parthenon at Athens, built in 432 BC, is quite simply one of the greatest and most significant buildings in the world, renowned for its refined architecture and its amazing sculpture, most of which is in the British Museum. This lecture will examine the circumstances of its building, the extraordinary subtlety of its architecture, the masterpieces of its sculpture, and its subsequent chequered history. This is the time of Classical Athens and the Persian Wars, that exciting period when Athens brought to maturity the foundations of European civilisation, and left to us a legacy high up on the Acropolis as a living monument of a great age of world history.

£25 members (+ £4 non)

WPE14A17

### Healthy Ageing

Lauren Thompson

The day will consist of practical and theory workshops. I will first discuss the definition of fitness and health and how the definition can range between individuals. I will talk about common injuries and complications that may occur if we do not maintain strength as we age. I will then take the group through a 30min practical strength session (exercises will depend on strength ability and mobility). After the break we will discuss the importance of cardiorespiratory fitness and balanced nutrition and how it can be included into our daily lives. Finally, we will finish the day completing some balance and core stability exercises. Limited to 10 places.

£25 members (+ £4 non)

WHL14A17

### Felt Making & Soft Sculpture

Anne-Marie Stijela

This one-day course is ideal for those with some experience of felt-making, ideally you will have done a similar course in the past, although beginners are welcome. Additional charges for materials on the day.

£25 members (+ £4 non)

WFM14A17



## Saturday 14 October 2017 cont./

### Graham Sutherland

Graham Sutherland has largely been overlooked in recent years, but during the mid-20<sup>th</sup> Century he was one of the most famous British artists'. Perhaps he is best known for his portrait of Churchill, which did not impress the great man and was destroyed on the orders of his wife. The episode perhaps tells us more about the British and modern art than it does about Sutherland. Influenced by Samuel Palmer and Paul Nash, Sutherland is also known for his religious and landscape paintings and these will be our focus on this one day course.

£25 members (+ £4 non)

### Dr Gary Day

WGS14A17

### Scandinavian Twined Knitting

This taster will give you an introduction to Scandinavian 'Tvåändsstickning' or twined knitting. After an introduction into the heritage of the technique, you will learn fundamental techniques and stitches, which you will be able to use on future projects. You should be confident knitting in the round using a method of your choice (sock needles/magic loop/two circular needles). Please bring your own needles between 3-5mm and two balls of not too precious yarn in contrasting colours. Wind the yarn so that you can pull on both ends.

£25 members (+ £4 non)

### Sophie Atkins

WSK14A17

## Saturday 4 November 2017

### Stanley Spencer

Spencer is one of England's great visionary painters. He belongs with a handful of geniuses-painters, writers and musicians who found their inspiration in the provinces rather in the capital. This course offers an introduction to Spencer's paintings and their often-comic blend of the human and the divine. And then, of course, there are his nudes, where we see not only frustration and melancholy but also a way of painting flesh that anticipates the work of Lucien Freud.

£25 members (+ £4 non)

### Dr Gary Day

WSS04A17

### Remarkable Women

One outcome from the recent 10-week course on Remarkable Women was the awareness that there are so many more Remarkable Women not yet given full recognition. This day school will take another, smaller group of women, each one remarkable in their own sphere of influence, and demonstrate how their life and work made a difference in a male-dominated society.

£25 members (+ £4 non)

### Liz Carter

WRW04A17

### Drawing Harvest Mice in Coloured Pencil

An all-day course in which you will draw a charming picture of harvest mice using dry coloured pencils. A template will be provided beforehand and full step-by-step instructions and practical demonstration from the tutor throughout the day. This subject would be suitable for complete beginners as well as those who have used coloured pencils before.

£25 members (+ £4 non)

### David Lewry

WHM04A17

### Elizabeth von Arnim: Book, Gardens and Scandals

Many of us know and love 'Elizabeth and Her German Garden' but did you realise this 'gentle writer' was the mistress of H.G. Wells, wife of two aristocrats and author of over twenty books written during a lifetime spent across three continents.

£25 members (+ £4 non)

### Dr Twigs Way

WEA04A17



Book on-line at [www.recbedford.co.uk](http://www.recbedford.co.uk)

## Saturday 4 November 2017 cont./

### Bruce Springsteen: Glory Days

#### Dr Graham McFarlane & Margaret Norwich

In this course, we will draw on Bruce Springsteen's recent autobiography *Born to Run* and carefully chosen tracks from his considerable stadium repertoire, in order to consider his reputation as rock icon "The Boss" and also the voice of liberal blue collar America, fusing rock 'n roll and politics in new and imaginative ways, in interesting times!

£25 members (+ £4 non)

WBS04A17

### How is Flesh Alive?

Every plant and animal visible to the naked eye is a complex society of billions of individual cells, each one of which is a fully automated manufacturing plant. This Saturday course looks at how they manage their own affairs and communicate with their neighbours, which in turn determines how we live and why we die. But won't there be a torrent of biochemical jargon with calcium compounds and sodium ions flying about everywhere? Rest assured, this Saturday session is a long way from the abstractions of formal chemistry courses.

£25 members (+ £4 non)

### Tim Parrott

WFA04A17

## Saturday 27 January 2018

### Samuel Palmer

Samuel Palmer is not the best known of English painters but he helped found what is arguably the first movement in British art, 'The Ancients'. He is also a fascinating figure whose work changes radically from his early to his late period. He was a friend of Blake and much influenced by him. This one day course will focus mainly on Palmer's early work and its intense, visionary qualities. His vivid, electric colours are not far removed from those found in Van Gogh, but his canvases are far less agitated than those of the Dutch genius. In some ways, they offer a metaphorical return to the womb.

£25 members (+ £4 non)

### Dr Gary Day

WSP27B17

### My Ancestor was a Criminal: How Can I Find Out More?

Fortunately, not many of us can claim to have criminal ancestors – but how do we know who was, and who was not? Many more of our forebears actually had dealings with the courts than you would guess! Using local case studies, we shall explore the records of the local and national courts and prisons, many of which are now available online as well as held at local archive offices. Students will come away from the day school with a comprehensive list of resources to follow-up.

£25 members (+ £4 non)

### Liz Carter

WAC27B17

### Monoprinting

Monoprinting is suitable for both beginner and those who have experience of making art work, printing or otherwise. This is an introduction into the various ways of mark making, developing abstract and / or figurative work inspired by both the external world and your own imagination to open, explore and expand your individual creativity.

If you wish, please feel free to bring with you, pictures, photos and small objects to use for visual reference. For example, natural objects such as shells, images of patterns etc. A small charge will be made for materials

£25 members (+ £4 non)

### Caroline Doyle

WMP27B17



## Saturday 27 January 2018 cont./

### **Evelyn Waugh: An Introduction to the Humorous Novels** **Dr Adrian Page**

Readers who are not familiar with Waugh's work will find it both hilarious and sharply critical of recognisable human failings. In many cases, Waugh captures today's controversies such as the behaviour of the Press. The day will begin by outlining Waugh's life and the history of the early twentieth century where his comic novels are set. Waugh's writing style will be examined and his witty satire will be illustrated. Each novel will be approached by explaining enough of the plot to inspire the participants to read and enjoy more. The novels discussed will be: *Decline and Fall*, *Vile Bodies*, *Black Mischief*, *Handful of Dust*, *Scoop*, *Brideshead Revisited* and *The Loved One*. There is no need to purchase all the novels as the aim of the day is to allow attendees to discover interests they would like to follow up.

**£25 members (+ £4 non)**

**WEW27B17**

### **W.H. Auden**

Hugh MacDiarmid dismissively described W.H. Auden "a complete wash-out" as a poet. The formidable Cambridge critic F.R. Leavis was a little more expansive but no less dismissive, when he wrote that Auden's ironic style was "self-defensive, self-indulgent or merely irresponsible". Most of us nowadays who have read or heard Auden's poetry, if only 'Funeral Blues' (in 'Four Weddings and a Funeral') take a very different view of Auden's work. He wrote plays and essays as well as poetry, and did travel writing at various periods in his life; he also held strong political views. Participants are welcome to bring copies of any Auden works they may own, but copies of texts will be provided for use on the day.

**£25 members (+ £4 non)**

**WWA27B17**

**The Chrysanthemum in Art and Culture** **Dr Twigs Way**  
Beloved of Impressionist artists the chrysanthemum travelled from ancient China to Edwardian England via Imperial Japan: appearing in myth, religion and art we will chart its course.

**£25 members (+ £4 non)**

**WCA27B17**

## Saturday 24 February 2018

### **Pioneering Women of The Wild West** **Liz Carter**

Using contemporary accounts and illustrations, we shall follow the travels and life of some amazing pioneering women of the American West. We will experience life and death on the trail; attacks by wild animals and savage tribes; building a settlement and finally finding success. Come along and meet some women like Abigail Jane Scott, Nannie Tiffany and Catherine Haun, to name but a few – not for the faint-hearted!

**£25 members (+ £4 non)**

**WPW24B17**

### **Felt Making & Soft Sculpture** **Anne-Marie Stijela**

This one-day course is ideal for those with some experience of felt-making, ideally you will have done a similar course in the past, although beginners are welcome. Additional charges for materials on the day.

**£25 members (+ £4 non)**

**WFM24B17**

## Saturday 24 February 2018 cont./

### **'Gardening in Leopard Skins and Pearls'** **Dr Twigs Way**

The extraordinary life of Norah Lindsay (1873-1945) gardener to royalty and riches across Europe, with links to Southill, Bedfordshire.

**£25 members (+ £4 non)**

**WSP24B17**

### **Mindfulness : an Introduction** **Dr Adrian Page**

Mindfulness originated in Buddhism, and it has become a frequent topic in self-help publications, online organisations offering to reduce stress, and in psychiatric advice provided by the NHS. This day course will chart the origins of Mindfulness, how it came to be so popular in the West, describe the range of offerings currently available and show how best to find a provider who can help. In particular, the day will seek to answer the question, 'how can mindfulness benefit the individual?' We will look at some research to assess the evidence for claims made for the practice and take a critical approach to enable participants to determine the value of mindfulness to them. The day will include an opportunity to take part in mindfulness meditation and mentalexercises, but there is no need to adopt unusual postures or experience any discomfort. Questions and discussion will be welcome and opportunities for further investigation will be provided.

**£25 members (+ £4 non)**

**WMI24B17**

### **JMW Turner**

Everyone knows that Turner is a painter of powerful atmospheric effects. But his paintings didn't please everyone. The critic William Hazlitt dismissed Turner's experiments as 'pictures of nothing and very like.' A remark, incidentally, that probably captures Turner's genius. Andrew Graham Dixon calls him 'the greatartist of insubstantiality, a painter of the least solid phenomena: light, atmosphere, mists, vapours and sea-spray.' This one-day course will offer an introduction to Turner's work looking at such things as his admiration for the 17<sup>th</sup> century French artist Claude Lorrain, his relation to romanticism and his response to the Industrial revolution.

**£25 members (+ £4 non)**

**WJT24B17**

### **The Crystal Palace & The Great Exhibition**

**Tim Parrott & Caroline Bacon**

In 1851 a ground-breaking structure, containing extraordinary exhibits from around the world, opened in London. The building and its contents created huge influences that still reverberate today. Joseph Paxton built the largest glass and cast-iron structure the world had seen, and for a shilling a day, visitors could marvel at over 100,000 objects as diverse as the Koh-I-Noor diamond, a folding piano, and marvel at the new adding machines, indeed 'every conceivable invention' as Queen Victoria wrote. Six million visitors (equivalent to one third of the UK population) visited the exhibition, although it was not without controversy. The government believed there would be riots with the masses pouring into London; Karl Marx saw it as a capitalist fetish, and Henry Cole was so appalled at the quality of the exhibits it led to the formation of the South Kensington School and Museum (later the Royal College of Art and V&A). This day-course will look at the architecture and engineering of the building and survey its contents, as well as the legacy of this astonishing building and exhibition.

**£25 members (+ £4 non)**

**WCP24B17**



Book on-line at [www.recbedford.co.uk](http://www.recbedford.co.uk)



## Saturday 10 March 2018

### The Nordic Noir Genre

**Bente de Grey**

Why are the Scandinavian thriller writers so popular that the term Nordic Noir has become a genre? We will discuss why these writers write such thrilling and explicitly violent novels. Is it the Scandinavian psyche, our dark and dingy winter months, the legacy of Strindberg and the painter Edward Munch? What drives these writers to create such dastardly deeds in fiction? After all, the crime rate, particularly violent crimes, are rare in Norway, Sweden and Denmark! The course will focus on three writers: Henning Mankell, Jo Nesbo and Jussi Adler-Olsen. Join us and find out!

**£25 members (+ £4 non)**

**WNN10B17**

### John Constable

**Dr Gary Day**

You don't normally put John Constable in the same sentence as Lucien Freud but the latter was a great admirer of the painter of *The Hay Wain*. 'In Constable', Freud wrote, 'there is no false feeling.' He added, rather intriguingly, 'I may be quite wrong, but I can't see Van Gogh's 'Boots' without Constable behind them.' Often seen as Turner's inferior, Constable has depth as well as charm. And if Freud is right, he may be just as important a precursor of modernist as his rival Turner. This course will offer an introduction to some of Constable's famous and not so famous paintings, placing him firmly in his time but also showing that he is still relevant today.

**£25 members (+ £4 non)**

**WJC10B17**

### Bridges: Ancient & Modern

**Tim Parrott**

This course will take a close look at some of the most original and exciting bridges that have been built in Europe during and since Roman times. The Science of Structures is complex, but the basics are not hard to understand, and they will enable us to get inside the minds of the designers, which is always a thrill. Many buildings hide their structural secrets from view; bridges display them in all their glory. And will we have time to consider their beauty? Of course!

**£25 members (+ £4 non)**

**WBR10B17**

### Portraits in Acrylics

**Paul Fennell**

Painting a portrait using a tonal underpainting and then taking advantage of the medium's transparent qualities to glaze over colour in order to create realistic skin tones and effects. An acrylic painting medium would be useful as would a desk easel. Images to be provided but this does not preclude students from bringing their own.

**£25 members (+ £4 non)**

**WPA10B17**

### Roman Baldock

**Paul Palmer**

Nearly two thousand years ago this Hertfordshire town became an important settlement in the expanding Roman province of Britannia. Resurrected by local archaeologists over the past half century, it has a fascinating story to tell. As Chairman of the North Herts Archaeological Society during this discovery period, my aim of this course is to reveal that story.

**£25 members (+ £4 non)**

**WRB10B17**

### Bird Song and Communication

**Peter Holden MBE**

As spring approaches and bird song becomes more obvious we ask what does it all mean - who is singing what can be discovered by listening and how we can learn to recognize the different songs. Also, we will briefly look at some of the other ways birds communicate with each other.

**£25 members (+ £4 non)**

**WBS10B17**



Book on-line at [www.recbedford.co.uk](http://www.recbedford.co.uk)

## Saturday 12 May 2018

### SATURDAY IN SPRING

The following courses start with morning sessions in the classroom at the REC, followed by lunch at the REC, after which the class will have an outing or field trip locally.

**More courses will be announced throughout the year.**

**These courses are open to everyone over 18 and must be booked in advance.**

**Non-members must pay day membership of £4.**

Courses run from 10am to 3.30pm, unless otherwise stated.

**Hot and cold lunches are available at an extra cost.**

**Tea, coffee and snacks are available to purchase at the morning break.**

### Aesop's Fables

**Jenny Morris**

We have all known some of these tales - probably since childhood. They continue to be told, illustrated, read, televised and above all enjoyed. It is by no means certain that 'Aesop' ever existed, and certainly no original works by him have survived. From as early as fifth century BC writers were recording his fables and commenting on their morals. From this time on, there has become a rich body of Aesop material in art, literature and popular culture. Perhaps the very absence of a canonical edition of Aesop's fables has left scope for the creativity and inventiveness of later eras in many cultures. During the afternoon, we shall make a short visit to the local Higgins Gallery to be shown Edward Bawden's illustrations - not currently on display. Participants are invited to bring copies of any Aesop's fables they may own, in any language, and preferably with illustrations.

**£25 members (+ £4 non)**

**WAF12C17**

### The Victorian Way of Death

**Liz Carter**

In the morning, we will consider how advancing technology and changing social attitudes influenced the death and burial customs of Victorian England - ranging from the new 'off-the-peg' shrouds and choices of coffin linings to public v. private cemeteries' and cremation. In the afternoon, students will have the opportunity to visit the wonderful Bedford Victorian cemetery at Foster Hill Road where there are a wide range of different styles of memorial. This will involve walking on uneven ground but the site is wheel-chair friendly.

**£25 members (+ £4 non)**

**WVD12C17**

### Swiss Garden, Old Warden, from creation to restoration

**Dr Twigs Way**

Spend a morning exploring the history of this unique site from the 18th to the 20th century before enjoying a delightful afternoon tour of its restored glories.

**£25 members (+ £4 non)**

**WSG12C17**

