

North Carolina Center for Creative Retirement

Where Will We Be in 2016?

In 2003 the NC Center for Creative Retirement planning committee led by Marianne and William Bailey initiated a retreat for Center leadership by asking the question “As the arenas of aging, lifelong learning, and retirement continue to change . . . [how], from our little corner of North Carolina, should we respond?” As the organization was about to occupy the Reuter Center for the first time, leadership looked to the future rather than simply basking in their achievement. The Baileys prompted the group to think about the changes the Baby Boomers would bring, the possibility for expanding the population served by the Center, the impact of the new facility and financial stability. They encouraged their participants to think big but also to plan realistically. In many ways their vision of 2012 is one that the organization has realized. Planning for a long-term future helped set priorities and goals that helped the center grow.

While other groups at the Center have proposed longer range visions for NCCCR, for the most part the Center has worked with an annual planning process. Individual committees on the Center Steering Council create goals, objectives and action plans to ensure that the Center operates smoothly and offers excellent programming. This kind of planning works well in a group like ours. We rely on volunteer effort, and annual planning allows for finite, realistic projects and gives us ways to measure our success or resolve our failures in a timely way. Annual plans encourage participants to make their contributions to a specific effort at the center and then to explore other possibilities, either here or in the broader community. An annual planning process acknowledges that while we might face new possibilities and challenges in any given year, we also have certain needs, values, and goals that stay with us year after year, needs, values and goals that we share with many other lifelong learning institutes.

In Spring 2011, we are again going to ask our membership and leadership to think big and adopt a longer range strategic planning process designed to prompt us to imagine what the Center might be in 2016, to think about the ways our mission and values prepare us to respond to our strengths, weaknesses, opportunities and threats. We hope, however, not just to solicit the participation of a small number of “leaders” but to invite all of our members to become stakeholders by participating in structured conversations that will allow meaningful discussions. We want you to challenge our assumptions and prompt us to see the ways that we can set the right priorities and use our limited resources to retain our core membership, to continue to provide innovative programming and to create a sustainable economic model. We hope to adopt a model like the one used to create UNC Asheville’s strategic plan, envisioned as a true “community enterprise.” We want to encourage respectful disagreements and challenges to the ways we have always done things. We want to make sure that the resulting plan is succinct and clear. We want it to guide our decisions, not to gather dust.

The last couple of years have challenged all of us and have demonstrated that it is impossible to foresee or plan for every contingency. On the other hand, these years have also suggested that in times of dwindling resources and economic uncertainty, we are best prepared to meet challenges in flexible and creative ways if we have a clear sense of our values and priorities. We will be communicating with the membership to encourage all of you to make a difference in the direction the Center will take over the course of the next few years.

Spring 2011



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Mission

Creating opportunities for people to thrive in life's second half through learning, leadership, service and research, the North Carolina Center for Creative Retirement was established in 1988 as an integral part of UNC Asheville.

Center participants help develop and implement programs and policies through the Center Steering Council in collaboration with NCCCR's professional staff. NCCCR is supported by a combination of participant fees, public funding, consulting services, gifts and foundation grants.

Center Steering Council 2010 – 2011

Chair	Mike Sena
Chair-elect	Dick Murray
Secretary	Nelson Sobel
Ex officio	Sheila Murphy
NCCCR director	Catherine Frank
CFS director	Susan Poole
Campus rep	William Spellman
Community rep	Tom Byers

Committee Chairs

Civic Engagement	John Curtis, Tom Byers
College for Seniors	Doug Agor, Sandra Brown
Facilities.....	Gary Schenk
Finance.....	John Tempelaar-Lietz
Health & Wellness.....	Sally Mundt
Life Transitions	Fred Teach
Marketing	Carol Gillen
Membership	Janet Parkerson
Nominating	Dick Murray
Planning.....	Barry Mundt
Research.....	Steve Schleifer
Strategic Alignment	Bob Davis

www.ncccr.com

EVENTS CALENDAR

March

- 1 World Affairs Council Event, 7 pm
- 3 Asheville Chamber Music Lecture, 4:15 pm
- 3 Astronomy Club of Asheville, 6 pm
- 8 CFS Faculty Development Workshops, 9 am-3 pm
- 8 World Affairs Council Event, 7 pm
- 9 f/32 Photography, 7 pm
- 11 Symphony Talk with Daniel Meyer, 3 pm
- 18 Spring New Member Orientation, 10 am
- 21 College for Seniors Spring Term 2011 Classes Begin
- 24 Asheville Chamber Music Series Lecture, 4:15 pm
- 25 Fabulous Fridays Lecture, 11:30 am
- 29 NCCCR Town Hall Meeting, 4:30 pm

April

- 1 Fabulous Fridays Lecture, 11:30 am
- 3 Asheville Community Theatre's Autumn Players Readers Theatre, 2 pm
- 5 World Affairs Council Event, 7 pm
- 7 Astronomy Club of Asheville, 6 pm
- 8 Fabulous Fridays Lecture, 11:30 am
- 8 Symphony Talk with Daniel Meyer, 3 pm
- 13 f/32 Photography, 7 pm
- 14 Celebrating Life in the Mountains Series, 7 pm
- 15-17 Paths to Creative Retirement Workshop
- 22 Fabulous Fridays Lecture, 11:30 am
- 29 Fabulous Fridays Lecture, 11:30 am
- 29 College for Seniors Faculty Appreciation Event, 3 pm

May

- 3 World Affairs Council Event, 7 pm
- 5 Astronomy Club of Asheville, 6 pm
- 6 Fabulous Fridays Lecture, 11:30 am
- 6 Symphony Talk with Daniel Meyer, 3 pm
- 9 *Y'all Come* Course and Teaching Idea Exchange, 4:30 pm
- 11 f/32 Photography, 7 pm
- 13 Fabulous Fridays Lecture, 11:30 am
- 13 Most Spring 2011 College for Seniors Classes End
- 15 Reuter Center Singers Concert, 3 pm
- 27-29 Creative Retirement Exploration Weekend
- 30 Memorial Day - Reuter Center Closed

Adverse Weather Policy

NCCCR classes, events and activities will be cancelled or delayed when UNC Asheville classes are cancelled or delayed for adverse weather.

NCCCR members may access the UNC Asheville website at www.unca.edu to receive the latest information regarding the University Adverse Weather and Emergency Bulletins. You may also call the university's Snow Line at **828-259-3050** or follow local media like WLOS-TV13 for reports of closings and delays. By 7 am on bad weather days the staff of NCCCR will post information specific to the Center on our outgoing messages at **828-251-6140 or 828-251-6188**. We will also, if at all possible, send an e-mail to active members of the Center by 7 am regarding specific NCCCR cancellations, closings and delays.

Center Membership

Your gateway to **North Carolina Center for Creative Retirement** programs and events is annual membership. A fee of \$50 covers the period of August 1 to July 31. Member benefits include:

- ★ **UNC Asheville Parking Pass**
- ★ **UNC Asheville Photo ID (OneCard)**
- ★ **UNC Asheville Library borrowing privileges**
- ★ **Quarterly course catalogs**
- ★ **NCCCR electronic newsletter—eNautilus**
- ★ **Rental use of Reuter Center for personal events after you have been a member for one year**
- ★ **Use of Reuter Center computer lab**
- ★ **Use of UNC Asheville wireless internet connection**
- ★ **Access to:**
 - Special Interest Groups (SIGs, p. 4)**
 - Activities, Programs and Special Events (p. 4-6)**
 - College for Seniors (p. 9-33)**
 - UNC Asheville Health & Fitness Center (p. 4)**

PARKING: NCCCR members may park in any white-lined space on campus, provided they display a parking permit (“hang tag”) on their rear view mirror. Complete a parking form in the Reuter Center office to obtain your hang tag.

SHUTTLE: A free UNC Asheville shuttle provides transportation around campus from 7:30 am to 5:30 pm, Monday through Friday, except for holidays and UNC Asheville breaks. It picks up and drops off at most parking lots, buildings, and places of interest on campus. There is a shuttle stop outside the Reuter Center upper level entrance; the shuttle typically arrives every 20 minutes.

NAMETAGS: Obtain a nametag in the Reuter Center office and wear it at all Center events and classes.

ONECARDS: NCCCR members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith Union, room 120 (ground floor). With a OneCard you may receive UNC Asheville discounts at local businesses and at UNC Asheville special events.

RAMSEY LIBRARY: NCCCR members may receive borrowing privileges at UNC Asheville’s Ramsey Library. The OneCard is also your library card.

WIRELESS INTERNET ACCESS: If your laptop or PDA is set up for WiFi, you may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to do this procedure each term, as the passwords will change.

EATING ON CAMPUS: The Reuter Café on the Center’s lower level is open during College for Seniors Fall, Winter, and Spring terms, from mid-morning to mid-afternoon. You are welcome to use the UNC Asheville dining hall, the Highsmith Food Court and Ramsey Café in the Library.

NEED MORE INFORMATION? Check out these resources:

- Center Website: www.ncccr.com
- Membership Handbook: Click on “Membership”
- Campus Map: www.unca.edu/campusmap
- UNC Asheville Events: www.unca.edu/calendar

Reuter Center Office—Open Weekdays, 8 am to 5 pm
828-251-6140



NEW! Registration for Spring Term

- 1**
 - **INITIATE** or **RENEW** your Center membership (proceed to Step 2 if you’re already a 2010-11 member)
 - Complete membership form on p. 17 or 19
 - Pay \$50 membership fee and receive membership through July 31, 2011
 - Mail in or drop off at Reuter Center office **anytime** (check payable to NCCCR or cash—**we do not accept debit or credit cards**)
- 2**
 - **REGISTER** for classes **starting Tuesday, February 22, at 10 am** for best availability. *Note: Registration forms will be processed in order received at the Reuter Center on or after February 22. Members who drop off registrations on February 22 will be processed before mail received prior to February 22.*
 - View catalog (hard copy or online at www.ncccr.com)
 - Complete registration form, p. 17-20
 - Mail in or drop off at Reuter Center office with payment (checks payable to NCCCR or cash—**we do not accept debit or credit cards**)
 - *To apply for a scholarship for Center program fees, submit scholarship application with your registration form. See p. 9 for details.*
- 3**
 - **RECEIVE** registration confirmation around March 4.
 - Registration and drop/add continue through first week of classes

Activities & Programs

Involving yourself with the Reuter Center community of learners is stimulating, challenging and fun. Some enjoy volunteering to make the programs and activities happen. Others enjoy participating in a variety of programs and a chance to meet new friends.

Seniors' Health Insurance Information Program

Senior citizens need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors' Health Insurance Information Program needs you. Contact NCCCR member Kenn Haring at kennharing@charter.net for more information; this project is part of NCCCR's Civic Engagement Committee.

Health and Fitness Center Membership

February 1, 2011–July 31, 2011
Fee: \$250

NCCCR members are welcome to join the UNC Asheville Health and Fitness Center. Use the registration form on page 17 or 19 to join. You will also be asked to fill out a form outlining the terms of the membership. For more information, call 828-251-6384.

Artists & Writers Quarterly

NCCCR members are invited to submit writings and art work in the areas of poetry, fiction/nonfiction, art and photography. Three winning entries are published on the Center's website each quarter. Visit www.ncccr.com and click on *Artists & Writers Quarterly* under "Membership" for more information.

Reuter Center Singers

The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular and show tunes. They rehearse on Mondays, 6:15-8:15 pm and perform regularly. Register by calling 828-251-6140 (\$40 fee for music, \$30 for those registered for CFS courses during Spring 2011. See page 26.)

Special Interest Groups - SIGs

Once you're an NCCCR member, you can join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs meet at the Reuter Center unless otherwise noted. All SIGs are approved and evaluated by the membership committee and are member-organized. If you want to initiate a SIG or need additional information on SIGs, call 828-251-6140 or visit the website at www.unca.edu/ncccr/membership/sig.html.

Book Review

2nd Fridays, 1:30-3 pm
Information: RoseLynn Katz, 299-0748,
rosecarol@charter.net

Bridge Buddies

Wednesdays, 2:15-5 pm
Information: Debra Benjamin, 650-0311,
debrabenjamin@rocketmail.com

Creative Singles: Potluck, Movies, Restaurants and More!

1st Wednesdays, 5:30 pm at the Reuter Center, 3rd Wednesdays, 5:30 pm at a restaurant. Information: Linda Lewandowski, 665-1787, themerrywanderer@yahoo.com

EQUATE (The Math Equation Thinking Game)

Fridays, 1-3 pm
Information: Jacob Cohen, 691-0320,
jacobwoodworker@gmail.com

The Forum: Dialogue to Challenge our Thinking

Fridays, 1 pm Information: Louis Millin, 298-3863, lmillin@bellsouth.net

Intermediate Bridge

Fridays, 12:30-3:30 pm
Information: Jacque Morgan, 658-9738,
myoldmthome@gmail.com

MAC Users

2nd and 3rd Fridays, 1:30-3:30 pm
Information: Paula Withrow, 350-8406,
pvwithrow@aol.com or Bob Mellor, 253-5031, BM.NCCCR@charter.net

Men's Wisdom Works

2nd and 4th Mondays, 5-7 pm and 1st and 3rd Wednesdays, 4-6 pm
Information: Chuck Fink, 713-2112,
chuck@ascentleadership.com

Poetry Lovers

2nd Tuesdays, 2-4 pm
Information: Peter Olevnik, 281-0774,
olevnik@att.net

Reuter Center Rollers (Lane Bowling)

Mondays, 1:20 pm at AMF Bowling Center, 491 Kenilworth Road, Asheville. Information: Jan Guichard, 253-8776, lifebegins70001@yahoo.com

Skeptical Inquirers

3rd Thursdays, 1:30-3 pm
Information: Joe Haun, 274-8556,
jrhaun@att.net

Stock Market Investment Study Group

3rd Mondays, 3:30 pm
Information: Malcolm Douglas, 505-3343,
madmal@charter.net

Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm
Information: Shirley Rardin, 277-8053,
tsrardin@charter.net

The Wild Bunch Hiking and Naturalists Group

Meeting times to be announced
Information: Mary Scott, mac8@psu.edu

Wine Tasting

2nd Sundays, 7 pm, members' homes
Information: Ulana Mellor, 253-5031,
Ulana.Mellor@charter.net

Activities & Programs *continued*

Special Events—Spring 2011

These events take place at the Reuter Center, are open to the public and many are free. Call 828-251-6140 for additional details.

World Affairs Council

Come to the Reuter Center for these fascinating lectures and panel discussions that aim to advance international awareness and foster Western North Carolina's global ties. NCCCR members receive a discount on WAC annual membership fee. All non-WAC members pay \$8 per lecture at the door.

- The Great Decisions lecture series will conclude in the first **two Tuesdays in March 1 and 8**. Topics in the entire series include: Rebuilding Haiti; US national security; Horn of Africa; Germany's ascendance; sanctions and nonproliferation; The Caucasus and global governance
- **Tuesdays, April 5, May 3** – topics to be announced.



Symphony Talks with Daniel Meyer

The best way to enjoy the Asheville Symphony Orchestra's Masterworks concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak about:

- **Friday, March 11 at 3 pm** Walker's *Lyric for Strings*; Haydn's Cello Concerto No. 2 in D with Matthew Allen on cello; Dvorak's Symphony No. 9 "From the New World"
- **Friday, April 8 at 3 pm** Brahms' Violin Concerto with soloist Soovin Kim, violin; Mozart's *Eine Kleine Nachtmusik*, Strauss's *Till Eulenspiegels lustige Streiche*
- **Friday, May 6 at 3 pm** Rachmaninoff's Piano Concerto No. 3; Konstantin Soukhovetski, piano; Mussorgsky's *Pictures at an Exhibition* as orchestrated by Ravel.

Asheville Chamber Music Series Lectures

Come to the Reuter Center for these fascinating pre-concert lectures:

- **Thursday, March 17 at 4:15 pm**, Miró Quartet
- **Thursday, April 21 at 4:15 pm**, TBA
- **Thursday, May 19 at 4:15 pm**, TBA

Asheville Community Theatre's Autumn Players Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life.

Performances begin at **2:30pm** and tickets are \$5 at the door.

- **Sunday, April 3** Michael Cristofer's *The Shadow Box* – Focusing on three terminally ill people and their families, this play does what few others dare: it gives an honest, often humorous account of human mortality. The author was awarded a Pulitzer and a Tony in 1977.

f/32 Photography

NCCCR members are offered free membership in f/32, a club of amateur to advanced photographers who share their work, learn new methods, and keep abreast of the latest industry news and equipment. Attend on **2nd Wednesdays at 7 pm, Mar 9, April 13, May 11, June 8**. For more information: www.f32nc.com



Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **1st Thursday of each month (April 7 and May 5)** from **6-8 pm**, and welcomes Reuter Center members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Participation in all of the club's events and activities is free to NCCCR members.



Celebrating Life in the Mountains

This fascinating series continues on **Thursday, April 14, 7-9 pm**, offering an insider's look at life in these rich and diverse mountains. Enjoy a discussion of Asheville and the surrounding region by talking to the experts in entertainment, theatre, music, outdoor recreation and much more! A Q&A session and light refreshments will follow.

NCCCR Town Hall Meeting

Plan to join us **Tuesday, March 29 at 4:30 pm** to hear about the results of our annual member survey and the latest news about various center programs. We want you to ask questions and hear answers from the staff and Center Steering Council. Call 828-251-6188 for more information.



Activities & Programs *continued*

Fabulous Fridays Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts, about everything from music to travel and medications to wellness. Purchase lunch in the Reuter Café or bring your own brown bag. End your week and start your weekend with Fabulous Fridays! **Fridays, 11:30 am-1:15 pm. Reuter Center Manheimer Room. FREE.**



March 25

Asheville Greenworks: Working for a Green and Clean Buncombe County

Join Asheville Greenworks executive director Susan Roderick to learn more about the major American “green events” that fill the spring calendar. Roderick will introduce and explain various “green” plans and projects happening around Asheville.

April 1

End of Life Wishes and the “MOST” Form: Do I Want It? Do I Need It? What Is It?

Ellen Kaczmarek, MD, diplomate in internal medicine and certified in geriatric medicine, will present the MOST (Medical Orders for Scope of Treatment) form. Completed with your primary care physician, this document goes beyond the Five Wishes and legalizes them as a signed medical order, becoming part of your medical file and offering more assurance that your end of life preferences will be honored.

April 8

Bury Me Naturally

Are you seeking a quieter, gentler way to pass into the next phase? Carol Motley introduces old-fashioned yet increasingly popular green burials. She will bring a presentation and props certain to inspire the audience to engage in thoughtful discussion about this concept.

April 22

“All This and a Labryinth, Too!!”



Asheville’s River District changes almost daily—largely due to the efforts of RiverLink Executive Director Karen Cragolin. A popular NCCCR speaker, Karen will update us on the District and education projects and future plans for the French Broad River. Don’t miss this discussion about one of the most vibrant sections of Asheville.

April 29

Happy Feet: Learn How to Keep Them That Way

Come learn about senior foot care. Pamela Allen, MD, will discuss bunions, bursitis, blisters, how to avoid foot injuries, foot fitness exercises, and new surgical techniques. Come take a load off and see how to become better friends with your feet.

May 6

Appalachian Sustainable Agriculture Project (ASAP)



Join ASAP Executive Director Charlie Jackson for an overview of the incredible agricultural resources available to us in Western North Carolina. ASAP’s vision is of strong farms, thriving local food economies, and healthy communities where farming is valued as central to our heritage and our future. This vision is realized through ASAP’s work to help local farms thrive, link farmers to markets and supporters and build healthy communities through connections to local food.

May 13

The Health Care Maze: Where Are You?

Less than six months into the realigned Congress, there is still uncertainty as to what form the health care legislation will ultimately look like. Mission Health System is carefully following the developments and assessing the impact on our community and region. Join us for this update from Janet Moore, Director of Marketing and Web Services for Mission Health System, on the status of health care reform in Washington and Raleigh and an assessment of how the picture looks and where you fit into it.

Life Transition Programs

Design a Creative and Fulfilling Life in Retirement

Creative Retirement Exploration Weekend

May 27-29, 2011

Interested in relocating in retirement? www.AshevilleCREW.com

Paths to Creative Retirement

April 15-17, 2011 • September 2-4, 2011

Design your next life stage: www.PathstoCreativeRetirement.com

Creative Retirement Exploration Weekend

May 27-29, 2011

Location: Reuter Center, UNC Asheville

Fee: \$400 per person

Fee covers all materials and most meals

Considering moving in retirement? Come to the annual Creative Retirement Exploration Weekend ("CREW"), sponsored by NCCCR, *Where to Retire Magazine* and Biltmore Farms Hotels. This program offers a distinctive learning experience for those considering relocating as their next step, whether to western North Carolina or elsewhere. Lively seminars, stimulating discussions, tours and social events combine to help you discover why you and others like you may choose to move at a time in your life when you have the freedom to make these decisions.

For more information or to register, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu or visit www.AshevilleCREW.com.

Paths to Creative Retirement

April 15-17 or September 2-4, 2011

Location: Reuter Center, UNC Asheville

Fee: \$850 per person

Fee covers all materials and meals

Discover in a few days what could take years! For many, the question is not whether to retire, but what to do next. What are the best choices? What are potential hurdles? Create a meaningful retirement that matches your values and priorities at the Paths to Creative Retirement workshop ("Paths").

For more information or to register, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu or visit www.PathstoCreativeRetirement.com.

Workshops

Welcome spring with one-day and weekend workshops that fit your needs and schedule. NCCCR membership is not required to register and workshops are open to the public. Workshops have limited space. Register using the form on page 17 or 19. For additional information or to register by phone call 828-251-6140. Credit cards accepted. Refunds available until 14 days before the workshop; \$10/person fee is non-refundable.

Using Your Digital Camera Effectively

CRN#20006

Monday, Wednesday & Friday

9 am-12 pm

March 14, 16 & 18

Fee: \$95 members

\$105 non-members

Whether you're considering a new digital camera or trying to figure out all of the features on your current camera, this workshop is for you! Digital cameras have numerous features that can dramatically improve the quality of pictures. This workshop focuses on learning the features on your camera and how to use them without technical jargon. There will be an optional 1 hour one-on-one session with the instructor answering questions about your camera and demonstrating your camera's features. Additional One-on-One Session Fee: \$30 payable to the instructor.

Bill Roskind has taught this workshop eight times and has offered several courses on photographic composition. He has an even broader range of experience teaching graduate and undergraduate courses and has more than 50 years of photographic experience. Bill has exhibited and sold fine art photography, won numerous awards in competitions and, since retiring, has worked as a professional photographer.

National Wildlife Federation Habitat Steward Training

CRN#20002

Saturday, April 30, Sunday, May 1 & Saturday, May 14

9 am-5 pm each day

Fee: \$85/student or \$160/couple

(Same Household)

Upon successful completion of this workshop, students will receive certification as a National Wildlife Federation Habitat Steward. As a National Wildlife Federation volunteer, this certification will enable students to assist others in their community in creating wildlife habitats. Recommended Reading: *Habitat Steward Notebook*, National Wildlife Federation, \$15 payable to instructor.

Alicia & Art Hulse are both animal ecologists with experience in creating wildlife habitats. Alicia is a Certified Habitat Steward with the National Wildlife Federation and directs the Weaverville Community Wildlife Habitat project. Art is on the Board of Directors of the Botanical Gardens and also a member of the Weaverville Habitat Team. They have taught popular wildlife courses at The NC Arboretum and College for Seniors.

Workshops *continued*

Creating Handmade Books

CRN#20003

Saturday & Sunday, April 9 & 10
10 am-4 pm

Fee: \$90 member
\$100 non-member

Learn the textile art of handmade books. In this workshop, you will create 6-10 handmade books using a variety of techniques that will include a folded origami pocket book, a single and a multiple page signature book, a diagonal pocket accordion book with a soft cover, a match box book, a book sewn on tapes and a hard cover flag book. And if time permits, we will consider some further techniques. Materials Fee: \$20 payable to the instructor.

Jean McGrew has been making textile art since her grandmother taught her to embroider. She began her interest in book arts while living in Santa Fe, NM, and working professionally as a hand-weaver. Jean brought her love of textiles to Asheville in 2005 and continues to find great joy in making both woven and book art.

Mastering Transfer Bids

CRN#20005

Saturday, April 30
11:30 am-3:30 pm

Fee: \$40/student

Calling all bridge players! Here is an opportunity to move to the next level of play. Using transfer bids to respond to no trump opening bids is an invaluable skill for every bridge player. This is one of the most popular conventions used in modern contract and duplicate play. Transfers make it easier to describe your hand accurately and end up in the correct final contract. Rory will teach all the nuances of the Stayman and Jacoby Transfers. Participants will play bridge hands specifically designed to demonstrate and master these conventions.

Rory Novell, a retired educator, has been an American Contract Bridge League director since 1996. She achieved bridge Life Master ranking playing in local and national tournaments. She enjoys mentoring new players.

Photographing Children in Natural Environments

CRN#20004

Saturday, May 14, 9 am-12 pm
Sunday, May 15, 4-7 pm

Fee: \$175 members
\$185 non-members

We will learn the basic problems of photographing children and how to overcome them and do several actual shoots with different ages. Learn to develop a very creative approach that produces heirloom photos for generations of joy. Participants must bring their own film or digital camera and have a working knowledge of that camera. Models will be provided. The workshop will be held at instructor's studio; a map will be provided.

Wendy Newman is a professional photographer specializing in photography of families and children of all ages. She teaches at her studio and has taught at the Reuter Center. Her students have won over 85 blue ribbons and gold portfolio awards in the Scholastic Art Awards. Wendy has won many awards including the Kodak KINSA award. Her goal is to help students of all ages learn the basic rules of photography and then how to break them.

Loosen UP! – A Fast and Fun Watercolor Workshop

CRN#20007

Friday, May 20, 3-6 pm
Saturday & Sunday, May 21-22
9 am-4 pm

Fee: \$160 members
\$170 non-members

How many times have you said to yourself: "I just want to loosen up!"? Come experiment with wet wash and "Big Brush" techniques. Presentations, demonstrations and helpful feedback will be offered all weekend. This course is for the beginner and the more advanced painter.

Jane Snyder has studied with numerous nationally recognized artists and experiments with various water-media techniques. Her art work is displayed at two local galleries. She notes, "My primary focus is rendering faces, figures, and landscapes and passing on to others all that I have learned." Jane teaches private classes and has taught many art courses and workshops at NCCCR.

Outdoor Digital Photography

CRN#20001

Saturday, June 4,
5 am-4 pm

Fee: \$165 members
\$175 non-members

Join fellow photographers to shoot a sunrise and wildflowers on the Blue Ridge Parkway. Spend the morning shooting on location and the afternoon in the lab working on the morning's images. Field topics include composition, exposure, creating sharp images, grand and intimate landscapes and close-ups. Afternoon topics include Photoshop image presentation, color management, layer masking, brightness and contrast control and more.

Requirements: Familiarity with your camera, preferably a single lens reflex (SLR), and with photo editing software. Bring your camera and manual, tripod, extra camera battery and a flash drive. Recommended lenses include wide angle, telephoto and polarizing filter.

Richard Bernabe's photography is featured nationally and internationally in books, magazines and calendars. He is the author/photographer of three books (including co-writer of the *Ultimate Guide to Digital Nature Photography*) and leads photography workshops throughout the US and the world. Richard is a managing partner of Mountain Trail Press and serves as Editor-in-Chief of *Nature Photographers Online Magazine*.

College for Seniors

The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 22nd year offering more than 280 courses to 1600 members annually, during four terms:

Spring	Mar 21 - May 13, 2011
Summer	June 20 - July 29, 2011
Fall	Sept 19 - Nov 11, 2011
Winter	Jan 9 - Feb 20, 2012

Spring 2011 Mar 21-May 13

NOTE: Be sure to check dates listed for each course.

Fee: \$115 for the term

This flat fee allows you to register for up to five courses, listed on pp. 13-33, during the initial phase of registration.

Confirmation will be mailed on March 4.

After you receive your schedule, you may add additional courses without cost.

NCCCR Membership is required

Refunds: Cancellation must be received by March 18 for a full refund. This applies to ALL fees for CFS classes.

Refunds normally take 2-4 weeks to process.
Drop/Add period ends March 25

Course Information In addition to the course descriptions in this catalog, there are details for many CFS courses on instructor web pages on the NCCCR web site. To reach the listing of instructors with web pages, go to:

www.unca.edu/ncccr/about/instructors/index.html

From here you can click on an instructor's name and find information such as course outlines, reading lists, materials lists and instructor's background.

Class Reps

If you are interested in helping newer members get acclimated, assisting instructors in class, and insuring that classes operate smoothly, consider being a Class Rep! Check the spot for being a Rep in the CFS Section on the registration form. For more information contact Anita Shields at 828-253-5624 or Jacque Morgan at 828-658-9738.

Scholarships

Scholarships are available to partially cover the expense of the term; the annual NCCCR membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on the Center's website. For the best choice of courses, scholarship applications should be submitted along with a registration form as early as possible in the registration process. For additional information, call 828-251-6140.

Teaching in College for Seniors

At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on their areas of passionate interest or expertise. To best orient the first time instructor and to enhance the skills of experienced teachers, a number of guides and programs are available:

Y'All Come: Course & Teaching Idea Exchange

The Faculty Development Subcommittee of CFS hosts a meeting each quarter to provide information for potential instructors and to hear their ideas for new courses. Members of the Curriculum Committee are on hand to discuss course topics and to advise on course proposal preparation and related matters. Upcoming meetings are scheduled:

May 9, 2011- 4:30-6 pm
August 8, 2011- 4:30-6 pm

Guides

An instructor guidebook and a facilitator handbook have been prepared by CFS committees. Anne Mock can provide information on these: 828-251-6198.

Course Proposal Due Dates:

April 1 for Fall 2011
July 1 for Winter 2012
Oct 1 for Spring 2012

Proposal forms are available on the NCCCR website or may be requested by emailing Perien Gray at pgray@unca.edu

MONDAYS**9 – 10 am**

The Soul of the Tao Qigong..... 32

9 – 11 am

Beginning Piano II..... 25

Composing Op-Eds & Letters to
the Editor 23

From Sign to Symbol 28

Interpretative Writing About Life's
Experiences..... 27Natural History of Marine
Vertebrates..... 30

War and World History 22

11:30 am – 1:30 pm

The Art of Facilitating..... 26

Dreiser's *An American Tragedy* 24Peak Oil, Climate Change and
Hope..... 16

Preparing to Live Until Age 85-Plus..... 14

Seeing Ourselves in the Movies 29

2 – 4 pm

Gadgets: Need and Want 27

If I Had a "Hammer" 16

Money & Me 27

Stay Fit 32

Three Shakespeare Comedies 24

Your Power of Choice..... 28

2 – 4:30 pm

Hammered Dulcimer for Beginners 25

6:15 – 8:15 pm

Reuter Center Singers 26

TUESDAYS**9 – 10 am**

Nia Technique..... 32

9 – 11 am

Balloon Sculpting..... 13

Birds & Spring Wildflowers 30

Intermediate MS Office 2007..... 15

My Search for Freedom..... 22

Potpourri, Great Books Style 29

The US & Vietnam 22

11:30 am – 1 pm

T'ai Chi for Arthritis..... 33

11:30 am – 1:30 pm

The Art of Recycling..... 13

The Dominguez-Escalante
Expedition Story 21

Everybody's Got a Story..... 23

History of Medieval Spain 21

How to Get the Income You Need..... 14

Psalms: The Poetry of the Human
Struggle 29**2 – 4 pm**

Baseball for the New Fan 31

Shakespeare, Ethnic Tension, and
the Tragedy of War 24History of Southern Appalachian
Music 25

Intermediate Genealogy 27

The Story of Apartheid..... 22

World Café 28

2 – 4:30 pm

Two Masters of Asian Film..... 16

WEDNESDAYS**9 – 11 am**

Beyond Snapshots..... 13

Dancers of the Golden Age of
Hollywood 25

Frank Lloyd Wright..... 13

Mac 101 15

Perpetual Motion Machines 30

Women & Men Communicating 16

11:30 am – 1:30 pm

Advanced Home Computing 15

2-1/2 Centuries of Piano Music..... 26

Contemporary Art Since 1950 14

Creative Aging 27

The Hebrew Scriptures in Modern
Scholarship 29

Lawn Bowling 32

Persistent Themes in Popular
Music 26

Wonders of Word 2003 16

2 – 3:30 pm

Continuing Yoga 31

2 – 4 pm

Optimal Options 28

Your Grandmother's Basic Crochet
Wisdom 14

Your Resilient Brain..... 30

Ireland, Then and Now 22

2 – 5 pm

The Met at the Movies..... 26

2011 Spring Calendar

This is a quick-reference for course days and times; see course listing for details.

*For changes that occur after the catalog goes to print, see
"Catalog Updates" at www.ncccr.com*

THURSDAYS

9 – 11 am

Analyzing Your Mountain Homesite.....	26
Bridge III: Play of the Hand	31
Excel 2003	15
History of Lighthouses	21
History of <i>Sports Illustrated</i>	21
Intermediate French C	23
Intermediate Piano.....	25
Vampires and Werewolves in Film.....	24

10 – 11 am

Intro to Appalachian Clogging.....	32
------------------------------------	----

11:30 am – 1:30 pm

American Home Front in WW II.....	21
Free Alternative to Photoshop.....	15
Intermediate Line Dance.....	31
Joyce's <i>Dubliners</i>	23
Literature & Art of a New England Summer	24
Storytelling	24

2 – 4 pm

Advanced French	23
The Middle East and Terrorism	22
The Philosophical Autobiography	29
The Wisdom of Charlotte Joko Beck	28
Writing in Gold: Art of Byzantium.....	14

FRIDAYS

9 – 10:30 am

Awareness Through Movement: The Feldenkrais Method®.....	31
-------------------------------------------------------------	----

9 – 11 am

Basic Quilting.....	13
Classical Chinese Poems.....	23
Intelligence, IQ, Genes & Life Experience	29
Photographing Mindfully.....	14
West Meets East – Integrative Healthcare.....	33

Don't forget to add these programs to your schedule...

Fabulous Fridays Lunches

See page 6 for details.



New Member Orientation Friday, March 18, 10 am

Learn about programs and activities
Find new ways to participate in our
community of learners

- Meet new friends
- Ask questions
- Get involved



WORKSHOPS

Monday, Wednesday & Friday, March 14, 16 & 18,

9 am – 12 pm

Using Your Digital Camera Effectively ... 7

Saturday, April 30, Sunday, May 1 & Saturday, May 9,

9 am – 5 pm

National Wildlife Federation Habitat
Steward Training 7

Saturday & Sunday, April 9 & 10, 10 am – 4 pm

Creating Handmade Books 8

Saturday, April 30, 11:30 am – 3:30 pm

Mastering Transfer Bids..... 8

Saturday, May 14, 9 am – 12 pm & Sunday, May 15, 4 – 7 pm

Photographing Children in Natural
Environments..... 8

Friday, May 20, 3-6 pm & Saturday & Sunday, May 21-22,

9 am – 4 pm

Loosen UP!—A Fast and Fun Watercolor
Workshop 8

Saturday, June 4, 5 am – 4 pm

Outdoor Digital Photography 8

Appalachian Studies



Through the College for Seniors, the Appalachian Studies program offers courses and events during the year that will broaden our knowledge of this wonderful region.

To find these courses, look for the tree logo next to listings.

Appalachian Studies courses and lectures offered in Spring 2011 are: "History of Southern Appalachian Music" (p. 25) and "Introduction to Appalachian Clogging" (p. 32) and Fabulous Friday Lectures on April 22, "All This and a Labyrinth, Too" with RiverLink Executive Director Karen Cagnolin (p. 6), and May 6, "Appalachian Sustainable Agriculture Project" with ASAP Executive Director Charlie Jackson (p. 6).

Small Group Learning Circles

Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual's life experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from discussion and debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses) look for the circle logo next to each course.

Learning Circles offered in Spring 2011 are: "The Art of Facilitating" (p. 26) and "Money and Me: A Complicated Relationship" (p. 27) and "World Café" (p. 28).



NCCCR TOWN HALL MEETING



**Tuesday, March 29, 4:30 pm
Manheimer Room**

Get answers to all your questions and find out about issues raised in the NCCCR Annual Member Survey.

See page 5 for details

Parking Crunch!

Allow extra time to find parking when coming to campus, or better yet, car pool, take the bus, walk or ride a bike. You may also park in gravel lot A (near the Campus Drive entrance off Broadway) and take the CAMPUS SHUTTLE to Reuter Center. The shuttle picks up passengers at lot A every 20 minutes.



College for Seniors

Architecture

Frank Lloyd Wright, America's Most Famous Architect

CRN #: 20012

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27, May 4, 11

Wednesdays, 9-11 am

Explore Wright's contributions to architecture through slide shows, documentary DVDs, lectures and discussions. What were Wright's design concepts? How did Wright design and construct his buildings? Which of Wright's innovations are commonplace today? We'll cover these topics along with many stories and numerous images of his projects (many visited by the instructor), furniture and art glass.

Bob Mellor (BM.NCCCR@charter.net) is a retired software designer who has been awed by Wright since visiting Fallingwater many years ago. Since then he's been reading about Wright and visiting as many of his buildings as possible.

Arts & Crafts *For related topics, see p. 24*

The Art of Recycling: Painted Bottles and Glasses

CRN #: 20014

1st 4 weeks: Mar 22, 29, Apr 5, 12
Tuesdays, 11:30 am-1:30 pm

Participants will learn techniques for painting glass vases that are embellished with recycled items such as bottle caps, can lids and old jewelry.

Concha Wilkinson (cw.heartsong@yahoo.com) has been a professional artist for over 25 years. She enjoys sharing her knowledge of art and creativity in making use of recycled materials.

Balloon Sculpture

CRN #: 20008

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26
Tuesdays, 9-11 am

Entertain family and friends across generations with your balloon creations! Balloon sculpting also improves hand-eye coordination and cognitive skills. Learn the path to enlightenment through the "Zen of Balloonism." Materials required: *Balloon Book*, pump and assorted color balloons available at first class from instructor, cost \$26.

Ira Sloan (ihs2day@yahoo.com) is a semi-retired psychiatrist who has been involved in acting, magic, balloon sculpting and Playback Theater during his twelve years in Asheville.

Basic Quilting

CRN #: 20009

8 weeks: Mar 25, Apr 1, 8, 22, 29, May 6, 13, 20 (no class Apr 15)
Fridays, 9-11 am

Learn basic hand and machine patchwork piecing, some appliqué, border design, hand quilting and finishing. Work on a piece suitable for a wall hanging, lap quilt or crib quilt. Bringing a sewing machine to class is optional. You may re-register if you have taken this course previously. Materials required: List available in the Reuter Center office.

Mary Field (jdfield36@hotmail.com) earned a BS in textiles and clothing from Iowa State and did postgraduate study in textiles and related art at Michigan State. She is active in the Asheville Quilt Guild and has exhibited locally and nationally.

Beyond Snapshots

CRN #: 20010

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27, May 4, 11
Wednesdays, 9-11 am

For intermediate to advanced photographers who want to gain a better understanding of the complete photographic process. Criteria of what constitutes a "good" and/or "great" picture will be developed during the course. Participants will learn how to control the variables in photography in order to achieve consistently good pictures. We will cover color, composition, light and all camera functions in depth.

Werner Bonitz (bonitzw@gmail.com) is a fine arts photographer who has exhibited his work throughout North Carolina and is represented by several galleries. He is a member of the National Association of Photoshop Professionals (NAPP) and the f/32 Photography Group.

Arts & Crafts *continued*

Contemporary Art Since 1950

CRN #: 20011

8 weeks: Mar 23, 30, Apr 6, 13, 27, May 4, 11, 18 (no class Apr 20)
Wednesdays, 11:30 am-1:30 pm

Together we'll analyze the postmodern visual art movements, from Pop Art to Simulationism. We will explore the artist's grappings with such issues as meaning and standards (or the lack thereof), pluralism, commercialism and the popularization of art, morality in art, the merging of art and life, feminism, multiculturalism, appropriation and Simulationism. Recommended text: Harrison & Wood. eds., *Art in Theory*, ISBN 0-631-1657-4, cost \$30-40.

Elizabeth Jones (jellery2@hotmail.com) has a PhD in art history and an MA in philosophy. She has taught art history and theory at the University of Texas at El Paso, the University of Wisconsin-Green Bay and Converse College.

Photographing Mindfully

CRN #: 20013

1st 4 weeks: Mar 25, Apr 1, 8, 22
(no class Apr 15)
Fridays, 9-11 am

Creating satisfying photographs involves technical know-how, interesting content, and awareness of process: how we think, feel and act while creating. We will use simple mind-calming and clarifying exercises to work on "seeing" differently. These exercises and this process can have an impact on your life as well as your photos. This course assumes basic digital camera expertise. Highly recommended text: Gross & Shapiro, *The Tao of Photography: Seeing Before Seeing*, ISBN 1-58008-194-0, cost \$10-16 on amazon.com.

Jacquelyn Schechter (jjschec@earthlink.net) is a psychologist and meditator who has been photographing, exhibiting and teaching "mindful" photography since the early 1990s. She has won awards in juried exhibitions both in the US and abroad.

Writing in Gold: The Art of Byzantium

CRN #: 20015

6 weeks: Mar 24, 31, Apr 7, 14, 21, 28
Thursdays, 2-4 pm

The city of Rome fell in 476 AD, but the Roman Empire was vibrantly thriving from its capital in Constantinople (Byzantium). Explore the history of the Byzantine Empire through its art. Although it began 2,000 years ago, Byzantine art remains a living art. It was imperial art such as the world had never seen, and it was one of the most solemn and elevated modes of religious expression ever developed.

Gloria Gaffney (streetartist@netzero.com) earned her MA at the University of Illinois and studied at the Art Students League in New York City, Art Institute of Chicago and Woodstock School of Art. An active Asheville artist, she has exhibited nationally and internationally.

Your Grandmother's Basic Crochet Wisdom

CRN #: 20016

1st 4 weeks: Mar 23, 30, Apr 6, 13
Wednesdays, 2-4 pm

We discover basic chains, single, half-double and double crochet for a simple starter project and receive inspiration for further application of those basics.

Rita de Maintenon (ritadeheirloomtreasures@yahoo.com) is a retired educator who trained in all fiber arts while growing up in Germany. She is a member of the Southern Highland Guild and HandMade in America and a Blue Ridge Heritage Artist.

Business, Finance & Law *For related topics, see p. 27.*

How to Get the Income You Need from Your Investments

CRN #: 20063

5 weeks: Apr 12, 19, 26, May 3, 10
(note late start)
Tuesdays, 11:30 am-1:30 pm

The purpose of this course is to offer a practical grounding in the art and science of making your investments work for you. Participants will learn how to create a financial plan for themselves and how to use that plan to create and maintain an investment process that works.

Jonathan Sackson (jonathan.sackson@mssb.com) is a financial advisor with Morgan Stanley Smith Barney. He moved to Asheville in 2007 and joined NCCCR shortly thereafter. He enjoys literature, hiking and making pottery as well as investing.

Preparing to Live Until Age 85-Plus

CRN #: 20062

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 11:30 am-1:30 pm

Come explore the challenges of living until age 85-plus and explore how to prepare for that very real possibility, with the result of improving your quality of life now and later. Two of the biggest concerns are preparing for a potential medical crisis such as a long term care situation and avoiding the risk of out-living your financial resources.

Ron J. Miller, FSS (rjmfinancial@yahoo.com) has been helping people achieve security for 20 years. A registered tax preparer, he holds the "Financial Services Specialist" designation, a leading credential in the field of retirement financial planning.

Computing

Please note that following the description of each course, there are **MINIMUM REQUIREMENTS** listed. You must meet those requirements in order to participate in the course. If you enroll in the course and do not meet those requirements, the instructor has the prerogative to ask you to drop the course so that a qualified person can attend. If you have any questions about your skill level, please contact the instructor before registration.

Advanced Home Computing

CRN #: 20025

6 weeks: Mar 23, 30, Apr 6, 13, 20, 27
Wednesdays, 11:30 am-1:30 pm

Through lecture, discussion and real-time examples we will gain a more in-depth understanding of using a Windows-based personal computer at home. The focus will be a working understanding of the PC, use of the Internet and e-mail, information security, connections, and networking. Bring your favorite or current question to class to discuss and troubleshoot. **MINIMUM REQUIREMENTS: NOT** intended for inexperienced users. NOT hands-on.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business and management consulting.

Excel 2003

CRN #: 20026

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12
Thursdays, 9-11 am

This course is NOT for beginners! Excel is a spreadsheet program designed to allow you to organize and analyze data. We will study creating and formatting worksheets, entering formulas, working with functions, sorting, filtering and editing lists, and working with charts. **MINIMUM REQUIREMENTS:** You should have basic computer skills, be familiar with Windows Microsoft Office, and have acceptable keyboarding skills. Required text: Larry Metzelaar, *Essentials, Excel 2003, Level I*, ISBN 0-13-092767-8, price \$20.

Richard Hansley (hansleym@aol.com) has lived in the Asheville area for more than 40 years and has taught at Asheville High School. He holds graduate and undergraduate degrees from Western Carolina University.

Free Alternative to Photoshop

CRN #: 20027

6 weeks: Mar 24, 31, Apr 7, 14, 21, 28
Thursdays, 11:30 am-1:30 pm

GIMP (GNU Image Manipulation Program) is a free, open source application that has the same advanced functionality as Photoshop and is available for Windows, Mac OS, and Linux. This course will provide an overview of GIMP, its features and functions, and explore examples of using it instead of Photoshop. It will be a lecture-discussion with examples to be worked at home after each class. NOT hands-on. **MINIMUM REQUIREMENTS:** Familiarity with using a computer to view and/or edit photos.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business and management consulting.

Intermediate MS Office 2007 – Word, PowerPoint & Excel

CRN #: 20028

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10
Tuesdays, 9-11 am

Come explore ways to move beyond beginning Word 2007 functions and learn to enhance the appearance of your documents, adjust margins, paginate, create tables, make textboxes, backgrounds, headers and footers plus footnotes. Learn to use PowerPoint 2007 for making presentations that include animations, links, customized design formats, and sound. Learn to use Excel 2007 functions to create databases, edit, sort, and filter lists, and add charts to worksheets. **MINIMUM REQUIREMENTS:** Must have taken a beginning course in Word, PowerPoint, and Excel or used MS Office 2007 in a preliminary way.

Instructors **Marilyn Evans** (Word), **Richard Hansley** (Excel), and **Gail Sobel** (PowerPoint) have been teaching computer classes for years at the College for Seniors. For more information email Gail Sobel (gnsobes@charter.net).

Mac 101

CRN #: 20029

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11
Wednesdays, 9-11 am

Learn the many terrific easy-to-learn features of a Mac in a lecture/demo course. Among other things, you will learn – in a user-friendly way - about the operating system and features like mail, calendar, iTunes and word processing. We will also dabble with the Internet and Google. Recommended text: *Mac 101* on the Apple site (www.apple.com/support) and Williams, Robin, *The Little Mac Book, Snow Leopard Edition*, ISBN -13: 978-0-321-64691-0, \$20.

Art Keller (arthurkeller@charter.net) has always been interested in teaching and has taught several Mac and PC classes.

Computing *continued*

Wonders of Word 2003

CRN #: 20030

1st 4 weeks: Mar 23, 30, Apr 6, 13
Wednesdays, 11:30 am-1:30 pm

This course will explore what you always wanted to know about Microsoft Word (but didn't know whom to ask). The topics covered in this class will be determined by what YOU, the student, want to know. Possible explorations may include graphics, tables, tabs, sorting and printing envelopes and labels. Before the first session you will be asked to submit three questions, and we'll take it from there. This class is NOT for beginners! **MINIMUM REQUIREMENTS:** Successful completion of the "Intro to Word" class and/or at least 6 months of using Word proficiently.

Barbara Jaslow (barbjas@aol.com) left a career in elementary education for one in corporate training in NYC, specializing in PC software applications. She holds a BA in English and an MS in education and has completed postgraduate work in computer programming.

Contemporary Issues

A Film Series on Peak Oil, Climate Change and Hope

CRN #: 20035

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 11:30 am-1:30 pm

In each class session we will view and discuss a film which raises awareness of the consequences of the end of cheap and abundant oil and climate change. Based on these eye-opening and encouraging films, we will discuss how we can make the transition to a resilient local community and live better and more hope-filled lives.

Stan Corwin (colnstash@att.net) is a founding member of the initiating group of Transition Asheville and has been involved in introducing people to the Transition Movement.

Film *For related topics, see p. 25, 29*

If I Had a "Hammer"

CRN #: 20047

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 2-4 pm

Between 1949 and 1969, England's Hammer Films was the most successful independent film company in the world. Renowned for their Gothic horror films, they also made films in other genres. During two-hour sessions, the instructor will provide an introduction to Hammer's unique style of film-making. WARNING: Some movies include scenes of violence.

Chip Kaufmann (jjk44@bellsouth.net) reviews films for *Rapid River Magazine*, is an announcer for public radio station WCQS and has taught several film courses for CFS.

Two Masters of Asian Film

CRN #: 20048

1st 4 weeks: Mar 22, 29, Apr 5, 12
Tuesdays, 2:00-4:30 pm

In the 1950s and '60s two Asian film directors produced some of the region's most fascinating and enduring works. Yasujiro Ozu (1903-63) documented the changing Japanese family, and Satyajit Ray (1921-92) examined India's rural and urban life. We'll look briefly at their careers and see two films by each, seldom seen here, unhurried, all subtitled, one or two in color.

Doug Cooper (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, Turkey and China.

Gender Studies

Women & Men Communicating

CRN #: 20049

2nd 4 weeks: Apr 20, 27, May 4, 11
(note late start)
Wednesdays, 9-11 am

How much does your gender influence your communication? In this interactive course, we will look at gender stereotypes, the research on the ways that men and women communicate, and gender influences on family dynamics, health issues, politics and laws. You will identify your own habitual ways of communicating and better understand how gender roles shape individuals, families and society.

Cynthia Berryman-Fink (berrymanfink@gmail.com), PhD, is Professor Emerita of Communication at the University of Cincinnati. She has authored books and articles and been a consultant to corporations and non-profit groups on gender and communication issues.

NCCCR Spring 2011 Registration

OFFICE USE ONLY

Banner ID: _____ Enrolled by: _____ Verified by: _____ Amt: \$ _____ Ca/Ck #: _____				
Check <input type="checkbox"/> here if your postal or email address has changed <input type="checkbox"/>				
Name _____				
Last	First	MI		
Address _____				
Street/PO Box	City	State	ZIP	
Phone _____ / _____		Birth Date ____ / ____ / ____ /		E-mail address _____
		<small>*for internal campus use</small>		<small>__ I don't use email</small>
Emergency Contact _____				
Name		Relationship		Daytime phone

- "Get Involved!"** I currently volunteer at NCCCR
- Yes, I would like to volunteer at NCCCR (please complete below)

I like:

- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)

My skills include:

- Teaching
- Planning
- Writing
- Computer applications
- Finance
- Marketing
- Arts
- General office support

Other interests or expertise: _____



Become a 2010-11 NCCCR Member for \$50/year **Membership SUBTOTAL \$ _____**

Membership year is August 1 - July 31.



Submit your registration starting Tuesday, February 22 for best availability!

→ Health and Fitness Center Membership, NCCCR Membership REQUIRED (\$250) _____

February 1-July 31. See p. 4 for details.

→ Workshops, NCCCR Membership NOT REQUIRED (see pp. 7-8)

- 20001 _____ Outdoor Digital Photography (\$165/members, \$175/non-members)
- 20002 _____ National Wildlife Federation Habitat Steward Training (\$85/student or \$160/couple)
- 20003 _____ Creating Handmade Books (\$90/members, \$100/non-members)
- 20004 _____ Photographing Children in Natural Environments (\$175 /members, \$185/non-members)
- 20005 _____ Mastering Transfer Bids (\$40/student)
- 20006 _____ Using Your Digital Camera Effectively (\$95/members, \$105/non-members)
- 20007 _____ Loosen UP!: A Fast & Fun Watercolor Workshop (\$160/members, \$170/non-members)

Workshops SUBTOTAL \$ _____

→ College for Seniors, NCCCR Membership REQUIRED (see pp. 3)

You may register for up to 5 CFS courses. After you receive your schedule, you may add additional courses without cost. Complete an Add/Drop Form (available in Reuter Center office) or call 828-251-6140. Drop/Add ends March 25.

Priority	Course Name	5-Digit CRN #	PRINT CLEARLY! DOUBLE CHECK CRN #!
1.	<i>Example course name</i>	<i>1 2 3 4 5</i>	

★ I volunteer to be a CLASS REP for any class below, if registered..... Check here:

Priority	College for Seniors Course Name	5-Digit CRN #	Staff use only
1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

If any of the above classes are not available, try these alternates:

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

Although I may be listing several options above, I actually want to take this # of courses (final number):



Please note that we will not process your registration without this number!

Spring 2011 CFS Fee – for any number of courses – is \$115. CFS SUBTOTAL \$_____

(REMEMBER TO INCLUDE \$20 FOR EACH WELLNESS & RECREATION COURSE, MARKED WITH A **\$20**, IN ADDITION TO YOUR \$115 CFS FEE.)



Yes! Make the planet a little greener by not sending me a printed catalog by mail in the future. (You will be notified by email when each catalog is available on the NCCCR website.)

\$ For information on Scholarships for Center programs, see p. 9 \$

Add subtotals from sections above

- Bring or mail this form with your payment
- CFS faculty – attach vouchers
- Make checks payable to NCCCR
Please note: We do not accept credit or debit cards.
- Attach your scholarship application if applicable

Your registration confirmation will be sent to you on March 4.

Bring to the Reuter Center or Mail to:
NCCCR
Reuter Center, CPO #5000
UNCA, One University Heights
Asheville, NC 28804-8516

TOTAL PAYMENT ENCLOSED \$_____



NCCCR Spring 2011 Registration

OFFICE USE ONLY

Banner ID: _____ Enrolled by: _____ Verified by: _____ Amt: \$ _____ Ca/Ck #: _____				
Check <input type="checkbox"/> here if your postal or email address has changed <input type="checkbox"/>				
Name _____				
Last	First	MI		
Address _____				
Street/PO Box	City	State	ZIP	
Phone _____ / _____		Birth Date ____ / ____ / ____ /		E-mail address _____
		<small>*for internal campus use</small>		<small>__ I don't use email</small>
Emergency Contact _____				
Name		Relationship		Daytime phone

"Get Involved!" I currently volunteer at NCCCR
 Yes, I would like to volunteer at NCCCR (please complete below)

I like:

- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)

My skills include:

- Teaching
- Planning
- Writing
- Computer applications
- Finance
- Marketing
- Arts
- General office support

Other interests or expertise: _____



Become a 2010-11 NCCCR Member for \$50/year **Membership SUBTOTAL \$ _____**
 Membership year is August 1 - July 31.



Submit your registration starting Tuesday, February 22 for best availability!

→Health and Fitness Center Membership, NCCCR Membership REQUIRED (\$250) _____
 February 1-July 31. See p. 4 for details.

→Workshops, NCCCR Membership NOT REQUIRED (see pp. 7-8)

- 20001 _____ Outdoor Digital Photography (\$165/members, \$175/non-members)
- 20002 _____ National Wildlife Federation Habitat Steward Training (\$85/student or \$160/couple)
- 20003 _____ Creating Handmade Books (\$90/members, \$100/non-members)
- 20004 _____ Photographing Children in Natural Environments (\$175 /members, \$185/non-members)
- 20005 _____ Mastering Transfer Bids (\$40/student)
- 20006 _____ Using Your Digital Camera Effectively (\$95/members, \$105/non-members)
- 20007 _____ Loosen UP!: A Fast & Fun Watercolor Workshop (\$160/members, \$170/non-members)

Workshops SUBTOTAL \$ _____

→ College for Seniors, NCCCR Membership REQUIRED (see pp. 3)

You may register for up to 5 CFS courses. After you receive your schedule, you may add additional courses without cost. Complete an Add/Drop Form (available in Reuter Center office) or call 828-251-6140. Drop/Add ends March 25.

Priority	Course Name	5-Digit CRN #	PRINT CLEARLY! DOUBLE CHECK CRN #!
1.	<i>Example course name</i>	<i>1 2 3 4 5</i>	

★ I volunteer to be a CLASS REP for any class below, if registered..... Check here:

Priority	College for Seniors Course Name	5-Digit CRN #	Staff use only
1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

If any of the above classes are not available, try these alternates:

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

Although I may be listing several options above, I actually want to take this # of courses (final number):



Please note that we will not process your registration without this number!

Spring 2011 CFS Fee – for any number of courses – is \$115.

CFS SUBTOTAL \$ _____

(REMEMBER TO INCLUDE \$20 FOR EACH WELLNESS & RECREATION COURSE, MARKED WITH A **\$20**, IN ADDITION TO YOUR \$115 CFS FEE.)

Yes! Make the planet a little greener by not sending me a printed catalog by mail in the future. (You will be notified by email when each catalog is available on the NCCCR website.)

\$ For information on Scholarships for Center programs, see p. 9 \$

Add subtotals from sections above

- Bring or mail this form with your payment
- CFS faculty – attach vouchers
- Make checks payable to NCCCR
Please note: We do not accept credit or debit cards.
- Attach your scholarship application if applicable

Your registration confirmation will be sent to you on March 4.

Bring to the Reuter Center or Mail to:
NCCCR
Reuter Center, CPO #5000
UNCA, One University Heights
Asheville, NC 28804-8516

TOTAL PAYMENT ENCLOSED \$ _____



History

The American Home Front in WW II

CRN#: 20041

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28, May 5, 12
Thursdays, 11:30 am-1:30 pm

For all whose lives were directly affected by it and for the life of this nation, World War II was a watershed in American history. This course will explore the social and cultural impact of the war on our nation's inhabitants.

Renée Melchiorre (reneeclo@yahoo.com) has a BA from the University of Michigan and an MA from the University of Kansas, where she taught classes on the social impact of the Great Depression.

The Dominguez-Escalante Expedition Story

CRN #: 20045

2nd 4 weeks: Apr 19, 26, May 3, 10
(note late start)
Tuesdays, 11:30 am-1:30 pm

1776 – Thomas Jefferson writes a Declaration and across the continent two Spanish padres attempt to find a route from the missions in Sante Fe to California. Our course will follow their northern trail and examine its historical, political, social and environmental implications. 235 years after this expedition we can look back at this period in history and see its impact on the course of history.

Paula Withrow (pvwithrow@aol.com) has an MA in history from Colorado State University and a passion for sharing historical fun with others. She actually rode the Dominguez-Escalante Expedition Trail in 1976.

History of Lighthouses & Aids to Navigation, from Bonfires to Satellites

CRN #: 20036

8 weeks: Mar 24, Apr 7, 14, 21, 28, May 5, 12, 19 (no class Mar 31)
Thursdays, 9-11 am

Since the beginning of history most of the world's transportation has been via water. Explore the history of aids to navigation from early times until today. The course covers the architecture, machinery, science, and the human aspect of these sentinels of the coast, using slides, film, music, humor and stories to illustrate the fascinating history of lighthouses and other aids to navigation.

Wayne Wheeler (wswheeler3@yahoo.com) is president of the US Lighthouse Society and a retired Coast Guard officer.

History of Medieval Spain

CRN #: 20037

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26, May 3, 10
Tuesdays, 11:30 am-1:30 pm

Medieval Iberian Peninsula society was full of contrasts: ethnic, religious and cultural tolerance simultaneous with military conflicts that spanned centuries. At its zenith Cordoba was described as "the glittering ornament of the world," but Spain's 11th century was most tragic. Three religions and a multi-ethnic mix coexisted harmoniously – or did they?

Ahmad Amara (aamara@bellsouth.net) holds degrees from the University of Edinburgh, American University of Beirut, University of London (Portsmouth) and The Official College of Languages (Madrid). He lived in Spain for 7 years and studied Spanish language and literature.

History of Sports Illustrated

CRN #: 20038

2nd 4 weeks: Apr 21, 28, May 5, 12
(note late start)
Thursdays, 9-11 am

Participants will learn how this magazine, which became a favorite of sports fans, went from struggling to survive in its early years to being described in the 1980s by the *Chicago Tribune* as "the best-written, best-edited magazine in America." In this course we will focus on the editorial product, but other areas including production, advertising and circulation will be discussed as desired. Recommended text: Michael McCambridge, *The Franchise: A History of Sports Illustrated Magazine*, ISBN-10: 078688357X, paperback available on amazon.com.

Larry Griswold (si54guy@gmail.com) sold advertising for three decades in New York, concluding with 19 years at *Sports Illustrated*. He was known throughout the staff for his thorough knowledge of the magazine.

History *continued*

Ireland, Then & Now

CRN #: 20039

2nd 4 weeks: Apr 20, 27, May 4, 11
(note late start)

Wednesdays, 2-4 pm

Ireland is a land of saints and scholars, of wars and whimsy. We'll survey Ireland's history from the Druids through the Easter Rising via poetry, patriots and a touch of popery. We'll listen to storytelling and ballads in Irish and hear Yeats reading his own poems. Join us for all of this and the music and laughter of this wonderful country.

Anni Tiernan (atiernan_9@hotmail.com) studied archaeology at University College Galway on one of her 12 trips to Ireland. She taught classes in nutrition at Pitt Community College before moving to Asheville. One of her grandparents traces her ancestry back to an Irish 12th century high king.

The Middle East and Terrorism

CRN #: 20040

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12

Thursdays, 2-4 pm

We will attempt to answer these questions: Who (what groups, in which countries) is involved in terrorism? Why are they involved (religious, cultural reasons)? Why was it necessary to invade Iraq and Afghanistan? Where, when and how will they strike next? What would happen if we failed to confront terrorism, and what is our best course for the future?

James Coning (daringduo@earthlink.net) earned a graduate degree in political science with emphasis in counterinsurgency warfare, specializing in the Middle East and Asia. He is a retired colonel, involved in Vietnam and Desert Shield and Storm, and was deployed in Desert Thunder and Lightning.

My Search for Freedom

CRN #: 20046

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10

Tuesdays, 9-11 am

Explore the experience of living under the all-powerful Stasi and its extensive network of spies and surveillance. How do people survive as individuals in such a world? What are the long-term effects? How do people allow such a state to evolve? After a brief history of East Germany, we'll explore the themes of powerlessness, survivor's guilt, homesickness, and a schizophrenic attitude toward one's country.

Gretel Timan (timanh@charter.net) is a refugee from East Germany. She fled in 1955 and immigrated in 1957.

The Story of Apartheid

CRN #: 20042

1st 4 weeks: Mar 22, 29, Apr 5, 12

Tuesdays, 2-4 pm

This course will begin with geography, placing South Africa in its context in Africa. Then we will briefly survey the history of the country from ancient times to the apartheid era, which we will examine in more detail. In the final session, we will briefly look at the aftermath of apartheid and at South Africa today.

Ann Karson (AKarson@aol.com) grew up in South Africa and was active against apartheid in the 1960s. She has taught this topic to various audiences, including the College for Seniors.

The United States & Vietnam

CRN #: 20043

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26

Tuesdays, 9-11 am

Vietnam has a history and culture that are centuries old. Direct US contact with Vietnam began only after the end of World War II. This course will examine the complex relationship between these two nations with a focus on what brought us into the Vietnam War, what we found there, and how eventually we got out.

Jim Lenburg (jlenburg@mhc.edu) taught Asian history at Mars Hill College for 33 years, including courses on Vietnam. He visited Hanoi and Ho Chi Minh City in 1993 as part of a Council for International Education Exchange.

War & World History

CRN #: 20044

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9

Mondays, 9-11 am

Despite its horrific effects, war has always been a powerful driving force behind invention and innovation. Heraclitus said, "War is the father of all things." Heraclitus may have exaggerated, but many aspects of civilization arise directly from developments in warfare. We will see how war has affected commercial development, political organization, societies, economics and finances, religion, coinage, creation of stock markets and other important developments.

Bert Lockwood (kelockwood@mindspring.com), an automotive engineering graduate of the University of Michigan, has been a long-time student of military history.

Language & Literature For related topics, see p. 21, 27, 29

Advanced French: Trésors du Temps C

CRN #: 20057

7 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5
Thursdays, 2-4 pm

This course will include readings in French history and literature as well as a comprehensive grammar review, listening, speaking and writing activities. It is intended for those who have previously taken Advanced French or who have similar advanced skills. If in doubt, e-mail the instructor to discuss your experience with the language.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for 30 years and has traveled and lived in France.

The Art & Craft of Composing Op. Ed. Pieces & Letters to the Editor

CRN #: 20055

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 9-11 am

Each class will be devoted to examination of current issues, determination of the evidence that is relevant to these issues and exploration of the most appropriate arguments in treating them. The objective will be to frame persuasive diction that will be worthy of publication in public media.

Hal Hogstrom (melbvic1@yahoo.com) spent 46 years in academia teaching rhetoric, tendentious theatre, reasoning and propaganda analysis. He is a regular contributor to discussion of civic affairs in local media.

Classical Chinese Poems

CRN #: 20050

6 weeks: Mar 25, Apr 1, 8, 22, 29
May 6 (no class Apr 15)
Fridays, 9-11 am

Participants will be introduced to the beauty and philosophy of classical Chinese poems by learning Chinese characters and their Pinyin pronunciations. The English translations of Chinese poems by various authors will be presented and discussed. Participants will also be encouraged to compose their own English translations of selected Chinese poems.

Alex Huang (ahuang@unca.edu) was born and raised in Taiwan, Republic of China. He has been teaching meteorology in the Department of Atmospheric Sciences at UNC Asheville since 1984.

Everybody's Got a Story: Writing the Personal Essay

CRN #: 20051

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26
Tuesdays, 11:30 am-1:30 pm

Stuff happens. Don't keep it to yourself. Put it in writing each class with exercises that make your experiences come alive, focusing on characterization, sense of place, description and dialogue. By the end of the course we'll develop one or a combination of these exercises into a complete first-person essay, a mini-memoir, to be shared with the group – or with the world!

Marjorie Klein (magicklein@frontier.com) is a novelist and a freelance writer for several publications and has taught creative writing at the University of Miami, Florida International University and Warren Wilson College.

Intermediate French C

CRN #: 20058

7 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5
Thursdays, 9-11 am

This course is a continuation of Intermediate French B and is intended for those who have taken those courses or have a similar background in French (approximately equivalent to high school French II or college French 102). If in doubt, e-mail the instructor about your experience with the language. We will continue to develop listening, speaking, reading and writing skills. A textbook will be provided. You may wish to buy the accompanying workbook.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for 30 years and has traveled and lived in France.

James Joyce's Dubliners

CRN #: 20052

1st 4 weeks: Mar 24, 31, Apr 7, 14
Thursdays, 11:30 am-1:30 pm

This course will cover the fifteen stories in James Joyce's short story collection *Dubliners*. We will discuss three or four stories each class meeting. Participants should read the first three stories for the first class. Recommended text: any edition of *Dubliners*.

James Ward (jxcmward@att.net) has a PhD in English, taught on the college and university level for 28 years, and retired in 2006 as Professor of English at Methodist College in Fayetteville, NC.

Language & Literature *continued*

Literature & Art of a New England Summer

CRN #: 20061

2nd 4 weeks: Apr 21, 28, May 5, 12
(note late start)

Thursdays, 11:30 am-1:30 pm

Literature, art, love and scandal intersected in the lives of several 19th-century American artists and writers whose paths crossed one summer in 1882, their small New England world still reeling from the effects of the Civil War. We'll read a group biography, consider Emily Dickinson's poetry, view nature paintings, and appreciate a cultural history. Required text: *A Summer of Hummingbirds*, ISBN: 978-0-14-311508-3, cost \$12.50. Read pages 1-61 before first class.

Doug Cooper (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, Turkey, and China

Shakespeare, Ethnic Tension, and the Tragedy of War

CRN #: 20053

2nd 4 weeks: Apr 19, 26, May 3, 10
(note late start)

Tuesdays, 2-4 pm

We will approach some plays by Shakespeare (including *Henry IV-1*, *Henry V*, *Othello*, *The Merchant of Venice*, *As You Like It*) and some poets and historians of his time, in a way that sees racial/ethnic stereotypes dramatically move toward respect, less oppression, even anti-war peacemaking. Reading some of the plays is recommended but not required.

Bill Moore (srwhmoore@comporium.net) is Professor Emeritus of Humanities, Austin College, and has a PhD from Harvard. He is a teacher of literature (especially medieval and Renaissance), writing, and Western cultural history who retired to Brevard in 2002.

The Lady? The Tiger? The Irresistible Appeal of Storytelling

CRN #: 20054

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12

Thursdays, 11:30 am-1:30 pm

Appreciation of the dynamics of telling rather than reading a story will be dramatized. Professional tellers will be viewed and analyzed. The process of internalizing rather than memorizing will be practiced while perfecting centering, gestures, characterization and delivering. We will have guest tellers and end by entertaining each other with stories we've developed to tell in class.

Sarah Larson (sarahlarso@gmail.com) has taught 3,300 people to be storytellers. She was a delegate with the People to People Storytelling Delegation and is the founder of Stories on Asheville's Front Porch.

Theodore Dreiser's *An American Tragedy*

CRN #: 20056

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9

Mondays, 11:30 am-1:30 pm

We will read and discuss *An American Tragedy*. Dreiser wrote a powerful novel on the theme of social inequality and lack of privilege. Required text: Theodore Dreiser, *An American Tragedy*, ISBN 10: 045131558, price \$10. Please read chapters 1-3 prior to first class.

Paul Spivey (jspivey20@charter.net) has a BA from Northwestern University and has taught a number of College for Seniors literary courses.

Three Shakespeare Comedies: *As You Like It*, *Twelfth Night*, and *Much Ado About Nothing*

CRN #: 20059

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9

Mondays, 2-4 pm

We will examine Shakespeare's brightest but not simplest comedies, each posing a problem in structure or theme, as in *Much Ado* with its odd punnings in the title and its strange maneuverings in the action. We will learn about Shakespearean comedy and how to read Shakespeare. The emphasis will be on the text of the plays. Recommended text: any good text of Shakespeare's plays.

After teaching for 40 years in several universities in the Northeast, mainly SUNY Binghamton, **Mario diCesare** (dicesare1@mindspring.com) has been happily teaching in CFS most terms since 1998. His interests include modern literature, the Renaissance, and classical literature.

Vampires and Werewolves in Film

CRN #: 20060

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12

Thursdays, 9-11 am

Vampires and werewolves are everywhere! According to the *Asheville Citizen Times*, vampires were the most frequent subject in the top 100 books in January 2010. This course will be an historical look at films which deal with these creatures and will attempt to offer some rational explanations for beliefs in them.

Lewis Wills (lewisandkatie@charter.net) has a PhD from Georgia State University in education and an MA from UCLA in folklore and mythology.

Music & Dance

Beginning Piano II

CRN #: 20019

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 9-11 am

Location: Lipinsky 013

This class is a continuation of the Fall 2010 Beginning Class. If you have never played the piano, this is NOT the class for you. However, if you have played the piano, then you are welcome to join this class. A \$10 fee is required for new students. This fee covers the cost of a 3-ring binder and the papers inside. Other materials used in this class can be purchased at SoliClassica, 1550 Hendersonville Road. Phone 828-277-4111. Participants are expected to play between class meetings; access to a piano/keyboard is required.

Marla Woekener (marla4musi@aol.com) has been teaching CFS piano classes since the Fall of 1999. She earned a bachelor of music degree from the University of Colorado and taught piano privately for 30 years before moving to Asheville. She sings in the Asheville Symphony Chorus and dances with Rosen's Rascals.

Dancers of the Golden Age of Hollywood

CRN #: 20017

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11
Wednesdays, 9-11 am

A spellbinding course covering the dancers and choreographers from the earliest short films of the 1890s through the Golden Age of Hollywood (1927-1957). Let your heart dance with exquisite memories of the masters of dance on the silver screen: Fred, Ginger, Eleanor and Gene.

Michael Ruiz (ruiz@unca.edu) is a UNC Asheville professor of physics and former department chair, as well as a pianist and composer. He has had three piano concertos performed by the Winston-Salem Symphony.

Hammered Dulcimer for Beginners

CRN #: 20023

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 2-4:30 pm

Learn to play this magical and wonderfully capable ancient instrument! Apply hammered dulcimer styling to simple Appalachian old-time songs and tunes. No previous musical training needed. Telephone before enrollment about minimum requirements: instrument, stand, case, hammers, armless chair, practice 30 minutes/day. Recommended: tuner, tuning wrench. Minimum estimated cost for instrument and accessories: \$175 rental, \$550 purchase (less for used instruments).

Janet Parkerson (janetparkerson@att.net) is an accomplished professional musician who had a large home-based wedding business for many years in San Diego. She has taught traditional music in WNC since 2007.

History of Southern Appalachian Music

CRN #: 20024



8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10
Tuesdays, 2-4 pm

With live music, guests, and multi-media, Don and Jann will present highlights of the history of Southern Appalachian music. Each instructor will teach 4 weeks. Come learn about the roots of this music, some of its most well-known performers, how it has evolved, and the difference between old-time and bluegrass music.

Don Pedi (donpedi@hotmail.com) has been collecting, preserving and performing traditional mountain music for over forty years and has been an on-air host at WCQS since 1985. **Jann Nance** (nancejann2@charter.net), educator and musician, has taught a variety of music appreciation classes at CFS.

Intermediate Piano

CRN #: 20020

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12
Thursdays, 9-11 am

Location: Lipinsky 013

This is an ongoing class for anyone who has completed Beginning Piano and Continuing Piano at CFS. If you have a basic knowledge of theory and technique plus experience in playing the piano, you are welcome with the approval of the instructor. Any books that are needed for this class can be purchased from SoliClassica located at 1550 Hendersonville Road. Phone 828-277-4111. There will be a class fee of \$10 for any new student.

Marla Woekener (marla4musi@aol.com) has been teaching CFS piano classes since the Fall of 1999. She earned a bachelor of music degree from the University of Colorado and taught piano privately for 30 years before moving to Asheville. She sings in the Asheville Symphony Chorus and dances with Rosen's Rascals.

Music *continued*

The Met at the Movies

CRN #: 20022

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11

Wednesdays, 2-5 pm

The format of this course is the same as previous "Met at the Movies" classes but the repertoire differs. This spring we will view and discuss Donizetti's *Lucia* and operas by Mozart and Rossini in preparation for *Le Comte d'Ory*, French opera, *Capriccio* by Richard Strauss, Verdi's *Il Trovatore*, and *Die Walkure* from Wagner's *Ring Cycle*.

Patricia Heuermann (patruschka@mindspring.com) is a stage director, founder of the Atlanta Opera and former president of the National Opera Association. She has taught at NYU, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria.

Persistent Themes in Popular Music

CRN #: 20021

2nd 4 weeks: Apr 20, 27, May 4, 11
(note late start)

Wednesdays, 11:30 am-1:30 pm

We will survey prominent themes that appear in the lyrics of 20th century recordings. Topics will include automobiles, telephones, trains, dreams, fools, and religious imagery. Students will identify and analyze selected topics, explore various musical genres and recorded performances, reflect on personal musical experiences, and develop listening skills by identifying key words and phrases embedded in musical contexts.

B. Lee Cooper (ashevillecats1@charter.net) is an award-winning author of several books on popular music. He has a passion for rock 'n' roll, record collecting, doo-wop groups, Bonnie Raitt, B. B. King, and old 45s.

Reuter Center Singers

CRN #: 20094

Weekly through May 9
Mondays, 6:15 – 8:15 pm

The Reuter Center Singers is the resident choral ensemble of NCCCR. No audition is required, but singing a wide array of musical styles and public performance are on the agenda. Those enrolled in CFS classes pay a discounted music fee of \$30 per term. (See additional information on page 4.)

Chuck Taft (cwstaff@aol.com) is music director for the Haywood Arts Regional Theater and owner of the Asheville Arts Center.

Two and a Half Centuries of Piano Music

CNR #: 20018

1st 4 weeks: Mar 23, 30, Apr 6, 13
Wednesdays, 11:30 am-1:30 pm

Enjoy live performance of keyboard music of the Baroque, Classical, Romantic and 20th Century periods with accompanying historical and other commentary from the performer. Compositions performed will differ entirely from prior offerings in this course.

Bill Mandle (w.mandle@buncombe.main.nc.us), pianist, taught music and music education for over 50 years in public schools and at the college level. He has a doctorate from Case Western Reserve University.

Personal Development *For related topics, see p. 16, 22*

Analyzing Your Mountain Homesite: First Steps to Landscaping

CRN #: 20065

1st 4 weeks: Mar 24, 31, Apr 7, 14
Thursdays, 9-11 am

Landscaping in our mountains means addressing steep slopes, storm water runoff, invasive plants, wildfires, wildlife and more. This course uses a balance of science, common sense and practical information of interest to gardeners and non-gardeners actively involved in creating or maintaining a mountain homestead.

Glenn Palmer (magpalm@att.net) is, among other things, a retired engineer, president emeritus of the Botanical Gardens, a Master Gardener now in his 19th season, and lead writer for the *Citizen-Times'* "Ask a Gardener" column.

The Art of Facilitating

CRN #: 20066

Learning Circle



8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9

Mondays, 11:30 am-1:30 pm

Have you ever been in a dysfunctional group discussion? This is a training program for learning circle facilitators and others interested in enhancing group communication. You will have the opportunity to learn and practice facilitation skills – active listening, building trust, encouraging participation, question-crafting, handling dissent, etc.

Betty Mack (Mackbetty8@yahoo.com) taught a similar course when she was Director of the Center for Group Counseling in Boca Raton, Florida. **Darlene Colmar** (colmar21@gmail.com) has an MA in guidance and counseling. She has actively promoted peer programs in various settings for over 25 years and has presented workshops across the US on group dynamics.

Personal Development *continued*

Creative Aging

CRN #: 20068

6 weeks: Mar 23, 30, Apr 6, 13, 20, 27
Wednesdays, 11:30 am-1:30 pm

By becoming familiar with your own personality type, you will discover an exciting new perspective on the joys of later life. This course shatters the negative myths about aging and explores how you can have a renewed sense of spontaneity, playfulness and adventure.

Ricki Tannen (rickitannen@gmail.com), an attorney, psychologist, former professor, author and artist, has specialized in the use of Myers-Briggs Type Indicator (MBTI) or Jungian Personality Typology for well over 30 years since being trained at the University of Florida, where the MBTI was developed.

Gadgets: Need and Want

CRN #: 20069

1st 4 weeks: Mar 21, 28, Apr 4, 11
Mondays, 2-4 pm

Is it time to upgrade from a cell phone to a smart phone? My computer has Web Cam – what can I do with it? Should I get a Kindle or would an iPad be better? An MP3 player – how would I use it? How can I better run my DVD player, and do I need Blu-ray? Personal technology grows and changes. We will explore what you should adopt to make your life more productive and enjoyable.

Gail Sobel (gnsobes@charter.net), course coordinator, is a former high school business and computer applications teacher and an instructor at the CFS, mainly in PowerPoint. Additional instructors: **Matt Mengel, Steven Brown, Bob Davis, Mike Honeycutt,** and **Bruce Jones.**

Intermediate Genealogy

CRN #: 20070

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26
Tuesdays, 2-4 pm

Have you searched birth, marriage and death records for your ancestors? Are you wondering where to look next? We will look at census, court, church, military, estate and probate records, wills and newspapers, and discuss the original purpose of the records and what genealogical information each record may provide.

Nancy Manning (fairviewgen@yahoo.com) is a native of Asheville, graduating with a BA in history from UNC Asheville. She is librarian at the Old Buncombe County Genealogical Society and has been an avid genealogist for over 40 years.

Interpretative Writing About Life's Experiences

CRN #: 20071

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 9-11 am

Participants will write about what has been most important in their lives, for their grandchildren and future generations. Your writing could take the form of memoir, reflections on life, significant and/or humorous events, lessons learned, values or beliefs. We will collaborate, through exercises that stimulate individual reflection and group discussion, to identify what you want to say and how to say it, with a finished piece of writing as the goal.

Stephen Kaagan (skaagan@msu.edu) has two decades of teaching experience at the university and secondary levels and has written five books on leadership and organizational development. He is an ardent environmentalist and journeyman mountaineer.

Money & Me – A Complicated Relationship

CRN #: 20072

Learning Circle



An examination and discussion of the role of money in our lives: how it (or the lack of it) defines us to ourselves and in the eyes and opinions of others; how it influences our actions, moods and ethics; and how we distinguish the hard facts about money from the myths of its power and importance to our well-being.

2nd 4 weeks: Apr 18, 25, May 2, 9
(note late start)
Mondays, 2-4 pm

Pat Harvey (patricia_harvey@bellsouth.net) is an anthropologist and a learning circle enthusiast who knows almost nothing about how to handle money. **Ron English** (theemaco@aol.com) has been selling and syndicating investments for 40 years. He packaged and marketed equities and limited partnerships, both domestic and international.

Personal Development *continued*

Optimal Options

CRN #: 20073

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11

Wednesdays, 2-4 pm

Don't let fear of your worst imaginings turn you into a Scarlett O'Hara and delay your thinking about your future until "tomorrow"! Many residence, care and finance options that may not be available in crises can be considered with advance planning. Helping with health care of loved ones, nearby or at a distance? We'll discuss this too!

Ann Bass (abass@alightermove.com), former director of College for Seniors, is a certified senior relocation/transition specialist and directed marketing for Givens Estates, advising more than 250 families on assisted living planning. **Stephanie Frederick** (stephanief@patientadvocates.com) RN, MED is an RN Patient Advocate.

The Wisdom of Charlotte Joko Beck

CRN #: 20064

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12

Thursdays, 2-4 pm

American Zen Master Charlotte Joko Beck began Zen practice in her 40s after raising a family and pursuing a conventional career. She studied under several renowned Japanese Zen teachers, received her Dharma transmission and opened the San Diego Zen Center in 1983, leading the Center until 2006. She has done much to make traditional Zen accessible for Americans. Her book, *Everyday Zen* (ISBN ISBN-10: 0061285897 or ISBN-13: 978-0061285899, cost \$10) will be our text. This course combines lecture/discussion and meditation practice.

Bill Walz (bill.walz@charter.net) is a clinical psychologist who teaches meditation and evolving consciousness as a path to personal healing and growth. He teaches at UNC Asheville, in public forums and with a private clientele.

World Café

CRN #: 20067

Learning Circle



8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10

Tuesdays, 2-4 pm

Come explore the World Café, a different kind of conversation! Study and experience this novel format for sharing ideas that's being used in gatherings of all kinds – organizations, schools, businesses, any setting where communication and community matter. Productive conversations can lead to positive change in which everyone is invested. The World Café stimulates innovative thinking and lets groups explore possibilities around real-life issues. Required Text: Juanita Brown and David Isaacs, *The World Café: Shaping Our Futures Through Conversations That Matter*, cost \$9 - \$24.

Sandra Taylor (sandronx@gmail.com), course coordinator, has been a teacher at the middle school and university levels with further communication training in facilitation and dialogue, which she continues to share and learn from today. Cofacilitators:

Darlene Colmar, Betty Mack and Pat Harvey.

Your Power of Choice

CRN #: 20074

6 weeks: Mar 21, 28, Apr 4, 11, 18, 25

Mondays, 2-4 pm

Do you want to be happier, less stressed, achieve a goal, and/or feel more in control of your life? This interactive class will teach you new skills to bring presence and awareness into your daily activities. You will develop your abilities to receive guidance from your wisdom center, set clear intentions and release old beliefs. The most powerful gift you have is your Power of Choice.

Laura Nelson (Laura@crystalmoonreflections.com) is a certified Spiritual Life Coach. For 15 years she has been studying life-changing modalities, such as the Law of Attraction and Power of Intention, and applying them to her life.

Religion, Philosophy & Psychology *For related topics, see p. 28*

From Sign to Symbol

CRN #: 20080

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9

Mondays, 9-11 am

This eight-week lecture/discussion course examines the meaning and central ideas of Sigmund Freud and Carl Jung with special attention to the role of the unconscious in the development and individuation of personality. The course combines a historical-developmental and a systematic approach to the material. Recommended text: *The Cambridge Companion to Jung*, ISBN 0521478898, and *The Cambridge Companion to Freud*, ISBN 052137779x, cost \$9-22 each depending on condition of book.

Jim DeLeo (jvdpsy@aol.com), PhD, is a clinical and consulting psychologist and a professor emeritus of psychology and humanities. Since coming to Asheville he has taught at CFS, been appointed to the medical staff at Mission Hospital and established a private practice.

Religion, Philosophy & Psychology *continued*

The Hebrew Scriptures in Modern Scholarship

CRN #: 20081

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11
Wednesdays, 11:30 am-1:30 pm

We will examine three case studies, one from each major section of the Hebrew Scriptures (Genesis from the Torah or Law; the 8th century prophets from the Prophets; and the Book of Job from the Writings), considering the influence of modern scholarship and interpretation.

Farley Snell (snellfarleyw@netscape.net) has regularly taught courses in religion at College for Seniors for several years. His PhD is from Union Theological Seminary in New York.

Intelligence, IQ, Genes & Life Experience

CRN #: 20079

6 weeks: Mar 25, Apr 1, 8, 22, 29
May 6 (no class Apr 15)
Fridays, 9-11 am

This course uses the construct of intelligence to explore the impact of heredity and environment on what we become as adult human beings. Both recent and older research (e.g., orphanage studies, twin/family studies) will be used to shed a little light on this complex subject. Social and educational implications will be suggested.

John Clarke (jgclar@aol.com) is a retired clinical psychologist with a PhD from the University of Tennessee, post-doctorate from the University of Colorado Medical School and has years of clinical and academic experience. He has taught many courses at CFS.

Potpourri, Great Books Style

CRN #: 20075

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10
Tuesdays, 9-11 am

We'll read and discuss an eclectic group of provocative works – essays, short stories and poetry — from a variety of seminal writers, with the goal of gaining a greater understanding of ourselves and the world in which we find ourselves. All readings can be found on the instructor's website.

Holding both undergraduate and advanced degrees from the University of Chicago, **Bob Wiley** (rlw303@bellsouth.net) was formally trained in Great Books leadership techniques. He has led many courses at the College for Seniors, Blue Ridge Community College and the Brevard Library.

Psalms: The Poetry of the Human Struggle

CRN #: 20076

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10
Tuesdays, 11:30 am-1:30 pm

The biblical Psalms tell us profoundly of God and God's character and presence in human life. The Psalms also tell us about ourselves, our needs and aspirations, our strengths and struggles. In this course, we will let the Bible draw its pictures and compare them with our own lives. Recommended text: James Chatham, *Creation to Revelation*, ISBN 978-0-8028-6322-5, cost \$16.

For many years, **Jim Chatham** (jamesochatham@gmail.com), Presbyterian pastor, has been exploring with classes of laypeople the Bible and human life. He believes the two speak to each other with clarity and power.

Reading & Writing the Philosophical Autobiography

CRN #: 20077

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12
Thursdays, 2-4 pm

Explore how certain renowned philosophers turned their craft upon themselves to articulate transformational moments in their lives. Scenes from their autobiographies reveal their ideas about time, memory, language, identity, and self-change. Then take up your word processor to begin your own philosophical autobiography through creative assignments and fieldwork. Students must be prepared to tackle enjoyable but sometimes difficult readings and to respond to writing assignments. Please contact the instructor for costs related to the course.

Ron Manheimer (ronaldmanheimer@gmail.com), who holds a PhD in philosophy from UC Santa Cruz, is currently writing a book on philosophers' autobiographies. He is the founding director of the NC Center for Creative Retirement.

Seeing Ourselves in the Movies

CRN #: 20078

7 weeks: Mar 21, Apr 4, 11, 18, 25, May
2, 9 (no class Mar 28)
Mondays, 11:30 am-1:30 pm

Clips of feature films provide varied perspectives on roles we play—child and parent, lover and leaver, learner and teacher, consumer and investor, believer and sinner, follower and leader—viewed through the lenses of several theoretical frameworks: family systems, conflict resolution, learning and teaching styles, world view, moral decision-making, leadership style. Brief theory lectures are followed by film excerpts and participant sharing of experience in these roles.

Doug Wingeier (dcwing@att.net) is emeritus professor of practical theology and associate dean, Garrett-Evangelical Theological Seminary. He has cross-cultural experience in Asia and Latin America and has authored nine books and numerous articles.

Birds & Spring Wildflowers

CRN #: 20031

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26
Tuesdays, 9-11 am

In classroom sessions and field trips to local birding hotspots, we'll learn bird identification skills and get information on local birding sites. We'll also identify spring wildflowers and learn the Newcomb approach to wildflower identification. Good walking ability is required. Recommended texts and materials: David Sibley, *Field Guide to Birds*, ISBN 067945120X, cost \$20; *Newcomb's Wildflower Guide*, ISBN 0316604429, cost \$19; Thomas Hemmerly, *Appalachian Wildflowers*, ISBN 0820321818, cost \$22; binoculars.

Marilyn Kolton and **Lou Dwarshuis** (ldwmkd@aol.com) are previous presidents and board members of the Audubon Society in Illinois. Marilyn, a contributing writer for Illinois *Audubon* magazine and several Audubon newsletters, is currently on the board of the local Elisha Mitchell Audubon Society.

Natural History of Marine Vertebrates

CRN #: 20032

6 weeks: Mar 21, Apr 4, 11, 18, 25, May 2 (no class March 28)
Mondays, 9-11 am

Meet the charismatic mega fauna of the world's oceans. We'll examine various aspects (including feeding, reproduction and behavior) of the natural history of marine vertebrates, from sharks and rays to whales. Slides will illustrate the material discussed in class.

Art Hulse (achulse@frontier.com) has a PhD in zoology and has been an active field zoologist with over 40 years field experience and more than 30 years teaching experience at the university level. He is a certified divemaster with over 1,100 scuba dives.

Perpetual Motion Machines

CRN #: 20033

1st 4 weeks: Mar 23, 30, Apr 6, 13
Wednesdays, 9-11 am

Since the 8th century mankind has tried to invent a device that would produce more energy than it takes to run the machine. Famous scientists like Galileo, Bernoulli, and Tesla have proposed devices based on leverage, magnetism, capillarity, even cold fusion. All have failed, yet new proposals come into the patent office every year. We will discuss the truly difficult concepts of energy and entropy and the first and second laws of thermodynamics. Devices like the drinking duck will be demonstrated. Optional text: Arthur Ord-Hume, *Perpetual Motion: The History of an Obsession*, ISBN-10: 1931882517; ISBN-13: 978-1931882514, cost \$15.

Bill Hatt (billhatt.hatt@gmail.com) was a professor of physics and astronomy at New England College in New Hampshire for 26 years. He has taught and taken many lifelong learning courses. He is a lifelong teacher, skeptic and debunker.

Your Resilient Brain

CRN #: 20034

6 weeks: Mar 23, 30, Apr 6, 20, 27, May 4 (no class Apr 13)
Wednesdays, 2-4 pm

When is the last time you let your brain admire itself? This course will give you the opportunity to learn brain appreciation as we review recent research on cognitive fitness in aging adults and types of stimulation/exercise that may shore up optimal function in vulnerable areas such as attention, memory and problem-solving. Our goal will be skill-building that carries over into everyday life.

Deborah Saverance (dksaverance@yahoo.com) is a practicing speech-language pathologist specializing in treatment of cognitive linguistic deficits in adults recovering from stroke, brain injury or neurological disease. She has a keen interest in strengthening cognitive fitness in healthy adults above age 55.

Wellness & Recreation *For related topics, see p. 27*

Wellness & Recreation courses with this symbol **\$20** require a \$20 fee, in addition to your College for Seniors fee of \$115, remitted with your registration form. Failure to pay this fee when you submit your registration form will result in delayed processing of your course requests. These fees offset the cost of paid CFS instructors who must be certified to teach. **Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.

Awareness Through Movement: The Feldenkrais Method®

CRN #: 20084

\$20

6 weeks: Mar 25, Apr 1, 8, 22, 29
May 6 (no class April 15)
Fridays, 9-10:30 am

Explore new ways of moving and let go of limiting habits. Become more flexible while you release and reduce painful patterns. The outcomes are: increased vitality, improved potential for your activity of choice, freedom to dance, a more elegant gait, improved golf and tennis swing, and most important, learning how to take care of yourself. Classes are on floor mats or chairs. Wear comfortable layered clothing and bring a mat.

Jacqueline Wollins (jwollins@netzerio.net) has had a long career in the healing arts in NY and NJ. Certified as a Feldenkrais® teacher in 1992, she has taught groups in private practice, Rutgers and the Y and with children in the public schools, working with people from 2 weeks to 96 years of age.

Baseball for the New or Fairly New Fan

CRN #: 20085

2nd 4 weeks: Apr 19, 26, May 3, 10
(note late start)
Tuesdays, 2-4 pm

We will learn some of the basics of the game and discuss the fundamentals of offense, defense and strategies. We'll look at salaries, how players get to the major leagues and other topics of interest.

Chuck Schultz (chuck.schultz1@gmail.com) has taught and coached at the high school and junior college level and is a fanatical pro football fan.

Bridge III: Play of the Hand

CRN #: 20082

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12
Thursdays, 9-11 am

Have you taken intermediate bridge? Want to improve your skills? We will address: playing the hand by declarer and defending by the opposition to get more out of your cards, when and where to better use "bridge maxims," and other topics such as hold-up plays and attitude signals. Lectures will be followed by play of the hands illustrating the topic. Required text by Shirley Silverman, *Play of the Hand as Declarer and Defender*, ISBN 0-939460-69-6. Point count bidding guide will be available in class, cost \$8.

Bob Evans (Mickeybob2@aol.com) earned his PhD in education. He has taught beginning, intermediate and play of the hand bridge classes for over 20 years and played bridge for over 50 years.

Continuing Yoga

CRN #: 20086

\$20

8 weeks: Mar 23, 30, Apr 6, 13, 20, 27,
May 4, 11
Wednesdays, 2-3:30 pm

This is a class for people who have had some yoga experience. It will include instruction in basic poses and sequences, breath work, and meditation. It will be helpful to bring your own yoga mat and any other props you own, although CFS can supplement these.

Fran Ross (franiji@charter.net) has taught hatha yoga from a blend of several traditions, since 2001. She is certified by the Kripalu Yoga Teachers Association and by the National Yoga Alliance.

Intermediate Line Dance

CRN #: 20087

\$20

8 weeks: Mar 24, 31, Apr 7, 14, 21, 28,
May 5, 12
Thursdays, 11:30 am-1:30 pm

If you enjoyed the beginning line dance class, step up to the intermediate level. These dances are a little more challenging and lots of fun!

Denna Yockey (denna.yockey@yahoo.com) teaches line dance at Givens Estates and Harvest House. She has taught line and partner dancing for about twelve years and had her own dance club in Kansas for 8 years.

Introduction to Appalachian Clogging



CRN #: 20088

5 weeks: Mar 24, 31, Apr 14, 21, 28
(no class Apr 7)
Thursdays, 9:30-11 am
(note late start)

This is a beginning level class that will use the Green Grass Clogger basic step to teach participants how to keep rhythm with their feet to traditional mountain music. We will explore other percussive mountain step-dance traditions such as buck-dancing and flatfooting to help you discover your own individual style. Wear smooth-soled shoes – leather is best – no taps.

Rodney Sutton (rsutton@mtnarea.net) is a traditional dancer, caller and storyteller. He was both a member and director of the Green Grass Cloggers in their early years and currently dances with their Asheville team. He has over 35 years experience teaching clogging.

Lawn Bowling

CRN #: 20083

6 weeks: Mar 23, 30, Apr 6, 13, 20, 27
Wednesdays, 11:30 am-1:30 pm

Location: Reuter Center and
Carrier Park

Lawn bowling is popular in most English-speaking countries. A 3-lb. bowl with a built-in bias is rolled 80-100 feet on grass to its target. The game is competitive and social and provides physical exercise. You'll learn the rules of lawn bowling and how to use the equipment, with lots of hands-on practice. Equipment will be provided by the Asheville Lawn Bowling Club. Please note that the first class will meet at the Reuter Center and the rest at Carrier Park. The instructor will e-mail directions to the park before the first class meeting.

Stan Glickman (stanthe1949man@yahoo.com) retired to Asheville after surviving more than thirty years with the Postal Service. He has been lawn bowling for over three years and has played in state and local tournaments.

Nia Technique

\$20

CRN #: 20089

6 weeks: Mar 22, 29, Apr 5, 12, 19, 26
Tuesdays, 9-10 am

Nia is designed for people of all ages who love to move. Nia is a non-impact aerobic workout using movements and concepts from yoga, tai chi, tae kwon do, aikido, jazz, modern dance and more. This fun and easy movement class creates a total-body cardiovascular conditioning experience. Providing flexibility for your muscles and joints, Nia is magical and joyful.

Judi Lampert (niajudi@charter.net) holds several fitness certifications. She has taught group fitness, stretch, music, and ballroom dancing classes in community and university settings for over twenty years across the country.

The Soul of the Tao Qigong

\$20

CRN #: 20090

8 weeks: Mar 21, 28, Apr 4, 11, 18, 25,
May 2, 9
Mondays, 9-10 am

This class explores the expression of spiritual embodiment through the lens of Taoism and Chinese Medicine. We will learn how to practice Qigong (the art of posture, breath, and intention) in movement, meditation and everyday life. The class will provide a foundation in Energy Anatomy and Physiology, Taoist psychology and New Science to nurture a deeper experience of the soul and spirit in the body.

Peter Shea (pjshea@local.net) has an MS in Oriental Medicine and has been practicing acupuncture in Asheville since 2003. He explores spiritual embodiment in daily life through his Taoist practices. **Joanne Shea** is a Licensed Massage and Bodywork Therapist who provides continuing education in Qigong for Bodyworkers. She specializes in Qigong for women's health.

Stay Fit

CRN #: 20091

6 weeks: Mar 21, 28, Apr 4, 11, 18, 25
Mondays, 2-4 pm

This course will address some of the key factors in maintaining a high quality of life in your senior years. We will focus on the physical changes of aging, medical concerns, diet and nutrition, and fitness. You will learn innovative exercises for improving balance, flexibility and strength. If you have an exercise mat and/or beach towel, please bring them.

Keiko Merl (keikomerl@bellsouth.net), originally from Japan, holds advanced degrees in health science and sports medicine and is a certified athletic trainer and emergency medical technician. She was a member of the Japanese national ski team and has worked in professional sports and with private clients across the US.

Wellness & Recreation *continued*

T'ai Chi for Arthritis

CRN #: 20092

\$20

8 weeks: Mar 22, 29, Apr 5, 12, 19, 26,
May 3, 10
Tuesdays, 11:30 am-1:30 pm

Sun style T'ai Chi for Arthritis (TCA) is beneficial for range of motion, balance, posture and relaxation. Each class will include warm-ups incorporating T'ai Chi principles, work on the basic twelve moves of TCA, and cool-down exercises. The class will be taught in two tracks, standing and seated, for those with compromised balance. Arthritis Foundation promoted. Wear comfortable, loose clothing and supportive shoes.

Nancy Chatham (taichichatham@gmail.com) has taught arthritis exercise classes for ten years. A nationally certified T'ai Chi for Arthritis instructor, she teaches group as well as individual lessons.

West Meets East – Integrative Healthcare

CRN #: 20093

6 weeks: Mar 25, Apr 1, 8, 22, 29
May 6 (no class Apr 15)
Fridays, 9-11 am

The unique role of integrative healthcare in WNC and the US will be described, along with its role in healthcare reform. A mixture of discussion, presentation and optional experiential offerings will include the nationally recognized 5 Domains of CAM: (1) alternative medical systems, (2) mind-body interventions, (3) biologically-based treatments, (4) manipulative and body-based methods, and (5) energy therapies.

Lourdes Lorenz, RN, MSN-IH, AHC-BC (lourdes.lorenz@msj.org) is a board certified advanced holistic nurse with 30 years nursing experience. She developed the strategic plan for integrative healthcare at Mission Hospital and serves as executive director for Mission's Integrative Health program.

WHAT'S NEW AT NC CENTER FOR CREATIVE RETIREMENT

Registration Changes for Spring 2011

We felt that registration for Winter 2011 went pretty well, but we listened to your suggestions and incorporated some improvements.

We will again be sending out (and posting online) the catalog at least a week in advance of registration, in the hopes that we will give you plenty of time to read about courses, contact instructors if you have questions, and plan your schedule. We will not process any mail-in or walk-in registrations, however, until we process everyone who brings in a registration form on the morning of February 22.

We will begin registration at 10 am on February 22, in order to try to accommodate some of our friends who drive a distance to be here and to avoid some of the worst of the early-morning cold. We will open the building when staff arrives (hardly ever before 8:00 am), but we will NOT begin accepting registrations until 10 am. We will have one line, but six people taking registration forms (something like a bank line where the person at the front gets to work with the next available teller).

We know that these changes will not eliminate all waiting, but we know that we cut the longest waits at least in half from Fall to Winter registration, and we hope that we can be even more efficient for the busy Spring term. We are continuing to investigate the possibilities of other systems for registration, but we will have to plan carefully and consider budget implications in making a change to online registration or the use of credit cards. The good news is that the College for Seniors Curriculum Committee has done an excellent job of gathering a varied group of intriguing courses. We appreciate your enthusiasm for our programming and your patience as we work to come up with an increasingly fair and efficient system for registration.

The New e-Nautilus

Since the first of the year, we have been sending out weekly e-mail bulletins, with messages highlighting events at the Reuter Center, links to our online calendar page (with links for every event, so be sure to click on the titles on the calendar), and other news that we think will be of broad interest to our members. We have added a simple "We Remember" section to recognize our members who have passed away. We will continue to send out e-Flash messages to let you know about weather closings and delays and to get out information in a timely way. We have had mostly positive response to the new format, but if you don't want to receive these bulletins, every message offers you the option to "unsubscribe." We try to update the e-mail lists on a weekly basis, but if you want to receive e-mails and are not getting them, please call the office at 828-251-6140. If you wish to include information in the new e-Nautilus, please contact Leanna Preston at lp Preston@unca.edu. We are continuing to work to find ways to communicate and create a sense of community even as our numbers grow.

Book Swap

We have set up a "book swap" on the shelves at the entrance to Room 230 (the art classroom) at the Reuter Center. When classes are not in session, please feel free to stop in and browse and take a book or to drop off any gently used, recreational reading (please no encyclopedias or old text books). This is an honor system, so there's no need to check anything out. Thanks so much to Sheila Murphy and Leanna Preston and all the creative folks who made this project happen.



A Pisgah View

On January 1, 2011, the first Baby Boomers, the 76 million people born between 1946 and 1964, turned 65 and became eligible for Medicare and the benefits of retirement. The media has been full of stories reminding us of the unique qualities of this group and speculating about the ways they will “revolutionize” or “transform” retirement as they have transformed every other stage of life in America.

The numbers are impressive. A New Year’s Day piece on National Public Radio quotes Steve Cone, the executive vice president of AARP, who says that “There are 7,000 boomers a day who will be turning 65 in 2011.” The North Carolina Center for Public Policy Research informs us that “Between 2000 and 2030, the number of older Americans is expected to more than double, jumping from 35 million to 72 million. . . . The first Boomers will reach age 65 in 2011, and by 2030, all living members of the cohort will be between the ages of 65 and 84. . . . North Carolina’s older population is expected to double by 2030, rising from 1.1 million to 2.2 million.”

Many cite these statistics with fear. They worry about the impact Boomers will have on dwindling economic resources, specifically about the impact on health care costs and Social Security. Some pundits worry about who will take care of the people who haven’t managed to accumulate wealth to sustain themselves for 20-30 years after their working life ends. Pete Peterson, in his 1999 book *Gray Dawn*, epitomized this fearful attitude when he declared, “There’s an iceberg dead ahead. It’s called global aging, and it threatens to bankrupt the great powers.” Peterson depicted aging Boomers as a selfish lot who “seem to think they have an inalienable right to live the last third of their lives in subsidized leisure.”

Of course, many authors focus on the opportunities presented by the aging of this generation. Thoughtful writers look at the ways that Boomers changed our attitudes about women’s rights and roles, diversity, the environment, and our right to question authority, and they highlight the ways that Boomers will continue to be a force for positive social change. Marc Freedman, the founder and president of Civic Ventures and the co-founder of The Experience Corps, notes that the “enormous and rapidly growing older population--commonly portrayed as a burden to the nation and a drain on future generations--is a vast, untapped social resource. If we can engage these individuals in ways that fill urgent gaps in our society, the result would be a windfall for American civic life in the twenty-first century. We might just accomplish something else along the way: bring greater fulfillment and purpose to the post-midlife years and transform what it means to age in this country.”

Since 1988, the NC Center for Creative Retirement has been creating opportunities for people to thrive in life’s second half and in the process has contributed to a national conversation about what it means to age in this country. The participants of the Center constitute a community that recognizes the joy of gathering with other people who share some of the same life experiences. On the other hand, we aspire to gather not because we agree on every issue or have only one set of cultural experiences but because we all value the opportunity to learn new things, to meet new people, and to challenge our assumptions. NCCCR differs from other lifelong learning institutes because, from the beginning, our leaders have recognized the importance of providing academic classes in the context of the concerns of a larger community. Our Life Transition Programs allow current retirees to share their wisdom and shepherd “pre-retirees” into a new phase of their lives with hope and intention. Our leadership programs have always sought to nurture older adults as an untapped resource and to offer them a sense of purpose that transforms our image of aging as a time of great creativity and satisfaction. As the Boomers become active members, NCCCR will allow them to come and help us continue to transform the image of what it means to age in this country, to find new ways to show that older adults are not an iceberg of people who will sink the ship of state while selfishly seeking subsidized leisure, but a fountain of talented, passionate people who understand that we can serve ourselves and others and have a good time doing it.

Catherine Frank

Don't Use Email?



Correct email addresses save trees and money.

If you don't use email, please call or visit the Center frequently to stay informed about Center happenings.



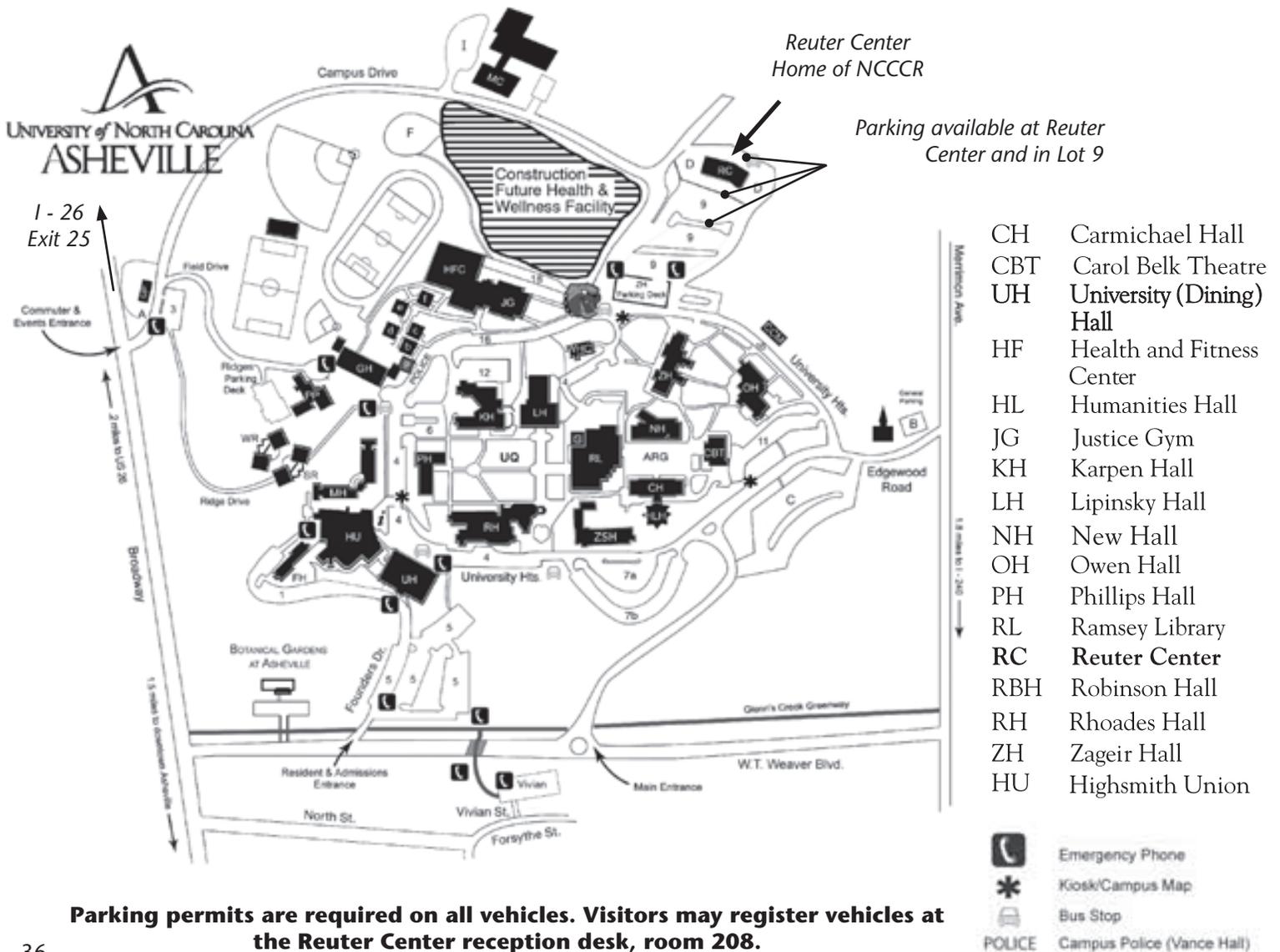
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