Celebrating 25 Years of LAS

Leadership Asheville Seniors (LAS) is the oldest program of the NC Center for Creative Retirement (NCCCR) and celebrates the graduation of its 25th class this November. This innovative program has had over 700 participants and has benefited our community in many different ways. Even before the national conversation focused on the potential and benefits of finding meaning in retirement through service to community, LAS was offering that opportunity to NCCCR members.

In 1987 UNC Asheville was already offering several community leadership programs through its University Relations staff. Local seniors approached staff with the idea of a program for older adults that would be tailored to their needs and experience. Civic leadership programs for mid-career professionals require significant investments of time and money to make them work. The commitment is year long and requires completion of a project; participation in the programs can be very expensive. The cost is often underwritten by employers who want a workforce of people who have cultivated leadership skills and who are willing to make an investment in their communities. Seniors, without anyone to pick up their expenses, wanted a program with affordable tuition that would require less time than the traditional year-long leadership programs; at the same time, they took very seriously the need to learn more about ways to engage in their community, to learn about critical needs and opportunities to get involved and make a difference.

Seniors working with university staff developed the Leadership Asheville Seniors program to meet these needs, and the program became a model for other communities in the state. Leadership Asheville Seniors has evolved into a 9-week program that offers the opportunity to meet and engage in conversation with leaders from area nonprofits and local government boards and agencies, the kinds of people who may be difficult to get to know without the introductions the program provides. In turn, various local nonprofit directors and politicians look forward to speaking to the group year after year because the opportunity allows them to understand the community’s questions and resources in new ways. Sessions of the program are held in interesting venues where the public is seldom invited, so participants get a chance to see our community “behind the scenes.” Finally, the program offers the opportunity to build friendships with classmates who share a common desire to “pay their civic rent.”

The program helped to launch the work of the NC Center for Creative Retirement, and NCCCR leaders have sustained and strengthened the program for 25 years. Because so many of our members have lived in other parts of the country, LAS offers them a concise way to get to know their new home and to find their place in addressing its needs. Many long-time Western North Carolina residents who have participated indicate that they learn more about the needs and inner workings of the community than they gained from a lifetime of living and working here.

LAS also established and modeled the method of collaborative staff and volunteer/membership creation of programming, a model that is the cornerstone of all programming at the Center. Once the first classes graduated, a 20-member leadership team has worked every year to brainstorm and line up a program that builds on the success of earlier years and adapts to changing needs in our community and the changing interests of our membership.

The author of a 2002 article from the journal *Innovations: The Journal of the National Council on the Aging*, quotes NCCCR member Beth Lazar saying that older adults are no longer content with “lick’em and stick’em jobs” and explains that older adults acting as volunteers are “no longer looking for opportunities to lick stamps and stuff envelopes; they are looking for new ways to be useful, to learn, to use their skills, to engage in meaningful work, and to follow their passion.” Under the leadership of directors including Cissie Stevens (the program’s first director), Denise Snodgrass and Michelle Rogers, Leadership Asheville Seniors has created opportunities for participants to discover the possibilities in Western North Carolina to make a difference in their communities, to engage with community leaders, and to form a bond with one another discussing and doing something about issues that matter. LAS is a program worth celebrating. Here’s to the next 25 years!
EVENTS CALENDAR

**December**
1. Winter 2012 Registration, 8 am
1. Astronomy Club of Asheville, 7 pm
5. Reuter Center Singers Holiday Concert, 6:30 pm
8. RSVP Information Session, 9:30 am (Registration required)
11. Asheville Storytellers, 2:30 pm
19. Reuter Center closes for Winter Break—Re-open on January 3

**January**
5. Astronomy Club of Asheville, 7 pm
6. New Member Welcome, 10 am
9. College for Seniors Winter 2012 classes begin
11. f/32 Photography Group, 7 pm
12. Asheville Chamber Music Pre-Concert Lecture, 4 pm
16. Martin Luther King, Jr. Day – Reuter Center closed
19. Celebrating Life in the Mountains, 7 pm
20. New to Medicare Info Session, 2 pm (Registration required)
27. New to Medicare Info Session, 2 pm (Registration required)
28. Civil War Lecture, 2 pm

**February**
2. Astronomy Club of Asheville, 7 pm
7. World Affairs Council, 7 pm
8. f/32 Photography Group, 7 pm
10. Symphony Talk with Daniel Meyer, 3 pm
13. *Y'all Come*: Course and Teaching Idea Exchange, 4:30 pm
14. Valentine Member Appreciation Social, 4:30 pm
14. World Affairs Council, 7 pm
20. College for Seniors Winter 2012 classes end
21. World Affairs Council, 7 pm
23. Spring 2012 Registration, 8 am
28. World Affairs Council, 7 pm

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**Adverse Weather Policy**

NCCCR classes, meetings, events and activities will be cancelled or delayed when UNC Asheville classes are cancelled or delayed for adverse weather. NCCCR members may refer to the UNC Asheville website at [www.unca.edu](http://www.unca.edu) for the university’s 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 email 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 $60 covers the period of August 1 to July 31. Member benefits include:

- UNC Asheville Parking Decal
- UNC Asheville Photo ID (OneCard)
- UNC Asheville Library borrowing privileges
- Quarterly course catalogs
- NCCCR electronic newsletter
- Rental use of the 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. 4-7)
  - College for Seniors (p. 10-30)
  - UNC Asheville Health & Fitness Center (p. 4)

PARKING: NCCCR members may park in any white-lined space on campus, provided they display a parking decal on their rear window. Complete a parking form in the Reuter Center office to obtain your decal.

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: Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all Center events and classes helps people get to know you.

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. You may deposit funds on the OneCard, either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in any of the campus dining services, including the Reuter Café. If you obtain an annual sticker through Campus Police, you may ride Asheville Transit at no cost.

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

WIRELESS INTERNET ACCESS: You may register to use the campus wireless network by stopping at the Reuter Center front desk and asking for instructions and a password. You will have to register 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, The Wellness Café in the Sherrill Center 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

Registration for Winter Term

INITIATE or RENEW your Center membership (proceed to Step 2 if you’re already a 2011-12 member)
- Complete membership form on p. 15 or 17
- Pay $60 membership fee and receive membership through July 31, 2012
- Mail in or drop off at the Reuter Center office anytime (check payable to NCCCR or cash—we do not accept debit or credit cards)

REGISTER for classes starting Thursday, December 1 at 8 am for best availability.
Note: Registration forms will be processed in order of date received at Reuter Center on or after December 1. Forms submitted during registration on December 1 will be processed before mail received prior to December 1.
- View catalog (hard copy or online at www.ncccr.com)
- Complete registration form, p. 15 or 17
- Mail in or drop off at Reuter Center office with payment (check 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. 10 for details.

RECEIVE registration confirmation around December 12
- Registration and drop/add continues through first week of classes

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

Seniors’ Health Insurance Information Program
Older adults 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
Fee: $350
NCCCR members are invited to join the UNC Asheville Health and Fitness Center. Use the registration form on page 15 or 17 to join. You will also be asked to fill out an additional form outlining the terms of membership. Membership is valid for one year from the date of enrollment. For more information, call Ann Cadle at 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. The 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 828-251-6873 ($40 fee for music, $30 for those registered for CFS courses during Winter 2012, payable to the RC Singers treasurer. See p. 25 for more details.)

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 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.

Backgammon
Tuesdays, 1 pm
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

Bridge Buddies
Wednesdays, 2:15-5 pm
Information: Debra Benjamin, 650-0311, debrabenjamin100@gmail.com

Bridge Grads
Thursdays, 2-5 pm
Information: Nina Hansen, 299-7711, hansenn@bellsouth.net

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

The Forum: Dialogue to Challenge Our Thinking
Fridays, 1 pm
Information: Louis Millin, 298-3863, lmmillin@bellsouth.net

Intermediate Bridge
Fridays, 1-3:30 pm
Information: Jacque Morgan, 658-9738, myoldmthome@gmail.com

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

Men’s Wisdom Works
Call or email for meeting times
Information: Chuck Fink, 713-2112, chuck@ascentleadership.com

Poetry Lovers
3rd Fridays, 3-5 pm
Information: Peter Olevnik, 281-0774, olevnik@att.net

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

Skeptical Inquirers
2nd Fridays, 1:30-3 pm
Information: Carl Ricciardelli, 242-3071, cfr666@bellsouth.net

Spiritual Inquirers
2nd and 4th Fridays, 2-4 pm
Information: T. S. Pennington, 338-0407, pennints@gmail.com

Stories for the Third Act
2nd Wednesdays, 5-6 pm
Information: Sally Gooze, 772-0222, ylasezoog@yahoo.com, Tom Bushar, 254-4108, tbushar@gmail.com

Tile Clickers (Mah Jongg)
Wednesdays, 2-5 pm
Information: Rosemary Walton, 667-8979, rh68@bellsouth.net

The Wild Bunch
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—Winter 2012  These events are open to the public. Most are free and take place at the Reuter Center unless otherwise indicated. • Call 828-251-6140 for additional details

Asheville Chamber Music Series Lecture
Come to the Reuter Center for these fascinating pre-concert lectures on Thursdays at 4:15 pm. For more information about the Asheville Chamber Music 2011-12 Series or to find out how to attend performances, please consult the group’s website at www.ashevillechambermusic.org

• Thursday, January 12, American Chamber Players will discuss Mozart’s Quartet for flute and strings, D Major, K. 285, Beethoven’s Quartet for piano and strings, E-flat Major, op. 16, Schumann’s Three Romances for Flute and Piano, Op. 94 (1849) and Brahms’ Quartet for piano and strings, G Minor, op. 25

• Thursday, March 1, The Alexander String Quartet who will discuss Haydn’s “Emperor” Quartet, Beethoven’s “Serioso” Quartet and Shostakovich’s Preludes and Fugues from op. 87, arranged for quartet and Quartet No. 4

Asheville Storytellers
Stories to Help Us Through the Holidays - Sunday, December 11 at 2:30 pm at the Reuter Center. Five master storytellers will delight us with tales of joy, stress and far-out family dynamics—all those things that appear center stage during the holiday season.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the 1st Thursday of each month December 1, January 5, February 2, 7-9 pm and welcomes NCCCR 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. To find out more about this group, visit their website at http://www.astroasheville.org

Blue Ridge Orchestra
Led by music director Milton Crotts, the Blue Ridge Orchestra is a local, volunteer ensemble of accomplished community musicians who have a passion for the performance of quality symphonic repertoire. The group is comprised of over 50 musicians who are committed to presenting a series of quality concerts throughout the year to the public and to school children throughout the Asheville area. Join this talented group of musicians for an inside peek at the creative process at an open rehearsal in the Manheimer Room on Wednesday, March 14 at 7 pm. For more information, visit the group’s website at www.blueridgeorchestra.org

Celebrating Life in the Mountains
This fascinating series continues on Thursday, January 19 at 7 pm with a program titled “Native Born: How to Create Unique Mountain Landscapes Using Native Plants and Nature-Inspired Garden Elements.” This program will focus on design principals, techniques, and elements of a garden that create a rich Appalachian landscape. Rhythm and form, balance, and personal expression will be discussed. We will show how local flavor and artistic creations can be incorporated into our outdoor areas. Finally, we will take a look at some of our favorite native plants and the requirements that are needed to keep them healthy.

Whether you are a beginning or experienced mountain gardener, this program is for you! Several horticultural experts will make a presentation and then dissect your design dilemmas. Enjoy an informative evening with the experts; a Q&A session will follow.

Civil War Lecture Series
During NCCCR’s Winter Term you can participate in the second lecture in a three-part series co-sponsored by the Western North Carolina History Association, NCCCR, and the Vance Birthplace State Historic Site. Topics in the series are loosely based on subjects covered in John Inscoe’s War, Race, and Remembrance. On Saturday, January 28, 2 pm, Dr. Steven E. Nash will speak about “Rebels and Tories in the Mountains.” The final lecture in the series, “Guerrilla War and Remembrance,” by Dr. Inscoe will take place on Saturday, March 24, 2 pm. Suggested $5 donation at the door.

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. The next general meeting of EMAS will take place Tuesday, March 20, 7 pm. For more information, visit the EMAS website at www.emasnc.org

f/32 Photography
f/32 Photography is a diverse group that shares an appreciation and love of photography. Members range from the amateur to the advanced, from those who like to just take pictures to professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. NCCCR members are offered free membership in f/32. Attend on Wednesdays, January 11, February 8, March 14; all meetings begin at 7 pm. For more information: www.f32nc.com
Medicare Choices Made Easy!
Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. In partnership with the Civic Engagement Committee of NCCCR, free classes will be held on successive Fridays, January 20 and 27 and March 2 and 9, 2-4 pm in the Reuter Center. The first session will be an overview (plans, parts, and policies) of Medicare. The second session will be in the computer lab learning how to use the resources on the Internet to compare benefits, answer questions, and enroll when you are ready. Spaces are limited; reserve your place by calling Sybil French at the Buncombe County Council on Aging, 277-8288.

Retired & Senior Volunteer Program (RSVP)
Retired & Senior Volunteer Program (RSVP) is a national program of the Corporation of National and Community Service that assists our membership in finding volunteer opportunities in the greater community. Locally sponsored by the Land-of-Sky Regional Council, RSVP assists our 55+ population in finding meaningful and rewarding volunteer opportunities in Buncombe, Madison, Henderson and Transylvania Counties. Join us Friday, December 8, 9:30-11 am as RSVP holds its monthly information session, including a presentation by Terry Albright from Land-of-Sky Regional Council’s Waste Reduction Program. This program might be of particular interest to retired engineers and scientists with industrial or facilities management experience and the skills to perform assessments on waste reduction or energy and water efficiency at businesses, industries and public facilities. RSVP programs are also scheduled at the Reuter Center on Tuesday, February 7 and Wednesday, March 7, 9-11 am. The program also includes a short orientation to RSVP and assistance with volunteer placement. Attendees are encouraged to contact Vicki Jennings at 251-6622 or vicki@landofsky.org to reserve your spot. For those not able to attend, a personal orientation can be arranged.

Symphony Talk 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 leads the discussion:

Friday, February 10, 3 pm: Beethoven’s Symphony No. 6 (“Pastoral”); Liszt’s Piano Concerto No. 1 with soloist Jeanette Aufiero, on piano; Wagner’s Prelude and Liebestod from Tristan and Isolde

Friday, March 16, 3 pm: Brahms Symphony No. 1; Rossini’s La Scala di Setta Overture; Glazunov’s Concerto for Alto Saxophone and Piazzolla’s Oblivion with soloist Douglas O’Connor on saxophone.

See the symphony’s website at www.ashevilleymphony.org for more information about tickets and performances.

Valentine Member Appreciation Social
Join us for the 2nd Annual Member Appreciation Social on Valentine’s Day, Tuesday, February 14, 3:30-5:30 pm. We will have great food, wine, music, and—of course—chocolate, as we celebrate the “heart” of our Center: our members!

World Affairs Council
Come to the Reuter Center for these lectures and panel discussions that aim to advance international awareness and foster Western North Carolina’s global ties. NCCCR members receive a discount on World Affairs Council (WAC) annual membership fee. Meetings are scheduled for Tuesdays, 7:30 pm. All non-WAC members pay $8 at the door for all programs.

- Tuesday, December 6: “The Arab Spring: Is it Summer (or Winter) Yet and Why Does It Matter?” by Ambassador James Larocco, Director of the Near East South Asia Center for Strategic Studies in Washington.
- Tuesday, February 7: “Promoting Democracy” by Susan Zelle, foreign service officer
- February 14: “Exiting Iraq and Afghanistan” by Lee McMinn, career US Marine Corps officer, university administrator and teacher
- February 21: “Cyber Security” by Duane Sunston, Internet Technology Specialist
- February 28: “Energy Geopolitics” by Grant Gosch, First Light Solar

WAC’s Great Decisions Program promotes discussion of international affairs, national security and US foreign policy. Lectures will take place Tuesdays throughout February at 7:30 pm in the Manheimer Room.

- February 7: “Promoting Democracy” by Susan Zelle, foreign service officer
- February 14: “Exiting Iraq and Afghanistan” by Lee McMinn, career US Marine Corps officer, university administrator and teacher
- February 21: “Cyber Security” by Duane Sunston, Internet Technology Specialist
- February 28: “Energy Geopolitics” by Grant Gosch, First Light Solar
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 Fab Fridays! **Fridays, 11:30 am – 1:15 pm, Reuter Center Manheimer Room (102A) · Free**

**January 20**
**When Friendly Fire Occurs in Our Bodies**
**Dr. Ellison Smith**, rheumatologist and internist with the Asheville Arthritis and Osteoporosis Center, will discuss some infamous autoimmune diseases that attack us, their symptoms, and how we can treat them.

**January 27**
**Asheville Community Theatre Speaks!**
Asheville Community Theatre has been delighting audiences with high quality performances for more than six decades, making them the oldest continuously operating theatre in Asheville and one of the oldest community theatres in the nation. Come enjoy this fascinating behind-the-scenes look at their productions and have a peek at the upcoming season.

**February 3**
**Male and Female Incontinence**
**Dr. Brian Cohen**, a fellowship-trained specialist in incontinence who practices at Victoria Urological Associates, will discuss male and female incontinence and how this problem is not a normal part of aging. He will discuss different types of incontinence for men and women, the typical urologic evaluation for incontinence, and different treatment alternatives for this bothersome problem. He looks forward to interacting with the audience and answering questions.

**February 10**
**Campus Dramatics**
**Dr. Scott Walters**, a member of UNC Asheville’s drama department faculty, along with a group of gifted drama students, will focus the spotlight on the campus theatre season. The Theatre of the University of North Carolina Asheville is the production laboratory for the major in drama. Here, under public scrutiny, students test the theories and practices they study in the classroom and, along with drama department faculty, engage their creative powers and hone their skills as artists. Don’t miss a glimpse of the stars of tomorrow as they perform on our stage.

**February 17**
**Essential Fats for Essential Health: ADD/ADHD, Alzheimers, Bones & Joints, Cancer, Depression, Diabetes, Skin and Weight**
**Elizabeth Pavka**, PhD, RD, LD/N, holistic nutritionist with 30 years’ experience, presents advances in the understanding of the health-promoting aspects of various fats and discusses how they can be used to improve our health in many areas. She’ll talk about food sources for these fats, including nuts, flax seeds and fish oils, plus how to choose and use supplements wisely.

**February 24**
**Silver Stage**
The Autumn Players is Asheville Community Theatre’s volunteer outreach company consisting of dozens of seasoned actors, directors, writers and event organizers dedicated to taking theatre into the community. Come be on stage and back stage with this troupe of seasoned actors who’ve brought theatre to the Asheville community since 1992.
Life Transition Programs

Design a Creative and Fulfilling Life in Retirement

Creative Retirement Exploration Weekend  Memorial Day Weekend, May 25-27, 2012
Interested in relocating in retirement? www.AshevilleCREW.com

Paths to Creative Retirement  April 13-15, 2012 • August 31-September 2, 2012
Design your next life stage: www.PathstoCreativeRetirement.com

Creative Retirement Exploration Weekend
Memorial Day Weekend May 25-27, 2012
Location: Reuter Center, UNC Asheville

Considering moving in retirement? Come to the 21st annual Creative Retirement Exploration Weekend (CREW). This program offers a distinctive learning experience for those considering relocating (whether to western North Carolina or elsewhere) as their next step. 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, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu or visit www.AshevilleCREW.com

Paths to Creative Retirement
April 13-15, 2012
August 31-September 2, 2012
Location: Reuter Center, UNC Asheville

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? Take the first steps to 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.

Center members: Do you have friends or family who would benefit from our Life Transition Programs? Please tell them about Paths and CREW and refer them to our websites! Want to help others design a creative and fulfilling retirement for themselves? Willing to share your own journey to retirement with others? Help plan and implement either Paths to Creative Retirement or the Creative Relocation Exploration Weekend. Call Michelle Rogers at 828-250-3871 or mrogers@unca.edu for more information.

Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops in Spring 2012.

Workshops are open to the public. Come join the fun!

Interested in teaching a workshop?
Workshops are short-term, hands-on, unique and intensive learning experiences that appeal to members of the Center, the community and beyond. The workshops are fee-based, and instructors are paid.

Interested in working with creative people?
Join the Workshop Committee and get involved selecting and planning the annual workshop program.

For more information, to teach a workshop, or to join the Committee, contact Ann Cadle at 828-251-6384 or email acadle@unca.edu.
We know that as we prepare to become the Osher Lifelong Learning Institute (OLLI) at UNC Asheville, our members have questions and concerns about what this change will mean. We have tried to answer some important questions below. If you have any questions we have not answered, please feel free to contact the Center’s director, Catherine Frank (828-251-6188 or cfrank@unca.edu). She will answer your questions and will share concerns and answers in our weekly e-mail newsletter.

**Will we have to change our mission or vision?**

No. The mission of the NC Center for Creative Retirement will continue to be “to provide opportunities to thrive in life’s second half through learning, leadership, service, and research.” Each of the Osher Lifelong Learning Institutes (OLLI), with programs “found on 117 campuses and universities from Maine to Hawaii and Alaska . . . provides a distinctive array of non-credit courses and activities specifically developed for seasoned adults aged 50 or older who are interested in learning for the joy of learning.”

We will be a valuable part of the network because the leadership of the NC Center for Creative Retirement has always been forward thinking and has always re-defined the possibilities of programming for older adults. We will continue to be able to break new ground in the kinds of programming we offer, and, with the full support of the funding we receive from the Foundation, we will have an additional potential stream of revenue to help us launch new programming.

**Will someone from a national office tell us what kinds of courses to teach or how to run our registration?**

No. The Osher Foundation is nonprescriptive in the ways that they manage the members of their network. We will report to them annually about the ways that we use the support created by the endowment, but they will never tell us what we can or cannot do, within the context of providing programming for older adults.

We will continue to offer the rich array of College for Seniors courses, taught by volunteer instructors who share their passion. Our large volunteer curriculum committee will continue to gather and shepherd courses, and our faculty development committee will continue to offer support and learning opportunities for our instructors. We will continue to organize our Leadership Asheville Seniors program and our Creative Retirement Exploration Weekend with planning teams made up of former participants working with the guidance and support of staff. We will continue to offer Paths to Creative Retirement with our corps of volunteers facilitators. While we may choose to change the way we register for courses and programs, we will be free to make those decisions ourselves. We gain the potential advantage of the opportunity to talk to the participants and leaders of 117 programs across the nation to learn about their operations and to understand our own options as we make choices about the best ways to evolve as a Center.

**Will we have to change the name of the Reuter Center?**

No. The Reuter Center is the name of the building where the NC Center for Creative Retirement is housed and will continue to be the name of our home when our organization is re-named. We know that our members worked tirelessly to raise the funds to build a “place to call home.” We also know that our volunteers’ willingness to dream big and work hard has been part of what distinguishes the NC Center for Creative Retirement from many lifelong learning programs that have to scramble to find space on crowded and busy campuses or who have to operate their programs through a variety of scattered satellite sites. It’s worth remembering that the facility is named in honor of Irving J. Reuter, a former General Motors executive who left his estate to establish the Janirve Foundation, a major building fund contributor. We continue to be grateful for the support of the Janirve Foundation for the building and for their establishment of an additional $1 million endowment for our organization, meant to maintain the building and to support new programming. We may also keep names like “College for Seniors,” “Paths to Creative Retirement,” and “Leadership Asheville Seniors.”

**With all of this money, will we be able to change our fees or discontinue our annual fundraising efforts or build an addition to the building and a parking lot?**

No. Sometimes when people hear that we have been awarded a $2 million endowment, they assume that we will have unlimited resources. In good times, a $2 million endowment might earn $80-100,000 annually; we would not be able to touch the “corpus” of $2 million. This additional income presents great opportunities for a program like ours to try new programming, but we will have to continue to be prudent in the way we manage our funds and will continue to create programming that relies on volunteer efforts. Careful financial planning is a central part of our strategic efforts. An endowment is a potential rather than a guaranteed stream of funding. This new potential stream of funding will require that we learn to think differently about our budgeting and programming and that we plan as carefully to have endowment income as we did to save money generated by program fees. We have a thoughtful finance committee working on these issues and will continue to report to you on the use of our funds, whether they are generated by the endowment, program fees, or university support.
The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 24th year, offering more than 280 courses to 1600 members annually, during four terms:

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Winter</td>
<td>Jan 9- Feb 20, 2012</td>
</tr>
<tr>
<td>Spring</td>
<td>Mar 26- May 18, 2012</td>
</tr>
<tr>
<td>Summer</td>
<td>June 18- July 30, 2012</td>
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<tr>
<td>Fall</td>
<td>Sept 17- Nov 9, 2012</td>
</tr>
</tbody>
</table>

Winter 2012

January 9-February 20, 2012

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

Fee: $90 for the term
This flat fee allows you to register for up to three courses, listed on pp. 14-30, during the initial phase of registration.
Confirmation will be mailed on December 12.
After you receive your schedule and prior to the second class period of any course, you may add additional courses without cost.
If you cannot attend a course that you have enrolled in, please notify the office staff and drop the course so that someone else can enroll.

NCCCR Membership is required
Refunds: Cancellation must be received by January 6 for a full refund.
This applies to ALL fees for CFS classes.

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 Subcommittee are on hand to discuss course topics and to advise on course proposal preparation and related matters. Upcoming meetings are scheduled:

February 13, 2012  4:30-6:30 pm
May 14, 2012  4:30-6:30 pm

Guides
An instructor guidebook and a facilitator handbook have been prepared by CFS committees. For information or a copy of either guide, contact Anne Mock at 828-251-6198.

Course Proposal Due Dates:
January 15      for Summer 2012
April 15        for Fall 2012
July 15         for Winter 2013

Proposal forms are available on the NCCCR website at www.ncccr.com.

Questions about CFS? Suggestions? Contact CFS Director Susan Poole: 828-251-6873
Appalachian Studies

Interest in Appalachian lifestyle, culture and customs is a natural outgrowth of living in this region. In light of this curiosity, members of the College for Seniors Curriculum Committee have developed an Appalachian Studies program to present a continuing series of courses and events specifically highlighting the region, its heritage and its future. To find these courses, look for the tree logo next to listings. Appalachian Studies courses offered in Winter 2012 are: Hunger in Western North Carolina (p. 21) and The Cherokees (p. 22).

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 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 Winter 2012 are: Before I Die (p. 25), The Impact of Crash (p. 25), and People in Transition (p. 26).

Bring a Guest, but Get a Pass!

If you wish to bring a guest to a class, you must have permission at least 48 hours in advance from the College for Seniors director Susan Poole (spoole@unca.edu or 828-251-6873).

We encourage you to bring guests to some of the many lectures and performances (listed in the catalog under Activities and Programs) that are free and open to the public as a way to share the “Center experience” with as many people as possible.
New Member Welcome
Friday, January 6, 10 am
Learn about programs & activities.
Find ways to participate in our community of learners
• Meet new friends
• Ask questions
• Get involved

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

Fabulous Fridays Lunches
See page 7 for details.

Winter 2012 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
Hints to Help You Get the Most Out of Your CFS Experience

We wanted to take this opportunity to remind seasoned and new members about the best ways to enjoy their experience at the College for Seniors. You can always call or e-mail NCCCR Director Catherine Frank (828-251-6188 or cfrank@unca.edu) or CFS Director Susan Poole (828-251-6873 or spoole@unca.edu) with questions, comments, or suggestions. We encourage you to stop by the office to get to know our staff and to ask for help and information. Following are some frequent topics of conversation at the Center.

Registration
Registration for Winter 2012 will begin at **8 am on Thursday, December 1**. We will open the building at around 7:30 am. Please understand that while we value your enthusiasm for our programs, we discourage you from arriving too early. We are concerned for your health when you wait in the cold or dark. We know we cannot stop people from making the choice to be at the head of the line, but we hope that everyone uses common sense throughout the process.

If you are not feeling well on the day of registration or if you know you have difficulty standing in line, you may always send your registration with one of your Center friends. Everyone is allowed to submit one registration in addition to his or her own. If you get here and are having problems standing, please find a staff member who can guide you to a chair or hand your registration to someone standing next to you in line and get to a comfortable place. We have plenty of chairs in the Manheimer Room and have been able to move members quickly through the lines once we begin accepting applications, but we also know that our current system of registration poses a challenge for some of our members.

You may mail in or drop off your registration at any time after the catalog is released in print or online, but we will process all registrations received in person on December 1 before we begin processing applications received in the mail prior to that date.

Adding and Dropping
Although we have limited to three the number of courses you may sign up for during the initial registration period, you may add as many courses as you can schedule when drop/add begins at **8 am Tuesday, December 13**. Be aware that although you indicate on the registration form alternative selections for courses that you may hope to attend, you will not be automatically enrolled in courses or on a wait list during the initial registration period if you have received the number of courses you requested.

If you find that you cannot attend a course, stop by the office at the Reuter Center or call Ann Cadle (828-251-6384) to drop the course formally. We have many members every term who hope to attend courses that are “full” on paper but that people do not attend. On the other hand, remember that if you are not formally enrolled in a course that you may not attend even if you see empty seats in a classroom. Sometimes instructors have requested a small number of seats to create a specific classroom experience. Sometimes people have to miss a meeting but expect to find a seat during the next class session. Keeping a formal roster of attendees requires your cooperation to provide the best experience for our instructors and participants.
# Arts & Crafts

## An Art Buffet: Exploring Drawing Materials

CRN # 10002

6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class Jan. 16)  
Mondays, 2-4 pm

Join us as we explore a different drawing medium each week: pencil, colored pencil, pen and ink, charcoal, oil pastel, and pastels. This course is for those who would like to experiment and have fun discovering the advantages and limitations of different media. The instructor will provide all materials.

**Catherine Battle** (catherinebattle@earthlink.net) is a national board certified art instructor and a juried artist. She has taught at all levels, including a recent year teaching in London as a Fulbright Scholar.

## Art of the Square

CRN # 10003

4 weeks: Jan. 13, 20, 27, Feb. 3  
Fridays, 9-11 am

Josef Albers’s famous series of paintings titled “Homage to the Square” is the starting point for this course that will investigate art that is square in format. Most paintings throughout history have been rectangular – why is that? What happens when an artist breaks the rules of composition? Why was Albers such an important artist to his students and followers? Asheville Art Museum celebrates the legacy of Albers with *Homage*, an exhibition curated by Nancy Sokolove; we will tour the exhibition during one class session.

**Nancy Sokolove** (nsokolove@ashevilleart.org) is the adult programs manager at the Asheville Art Museum and has taught a number of classes at the College for Seniors and UNC Asheville.

## Basic Needlepoint

CRN # 10004

6 weeks: Jan. 10, 17, 24, 31, Feb. 7, 14  
Tuesdays, 2-4 pm

Learn basic stitches of basketweave and tent, plus mosaic, Scotch, Goblein, plaid, etc. We will use embroidery thread, perle cotton, Persian wool, and some fancy yarns from the instructor’s collection. Students will choose from a heart, square, or star design. Required materials will be provided by the instructor. **Cost of Materials:** $20, to be paid to the instructor at the first class.

**Sheila Murphy** (murphy.sheila.a@gmail.com) earned a BS in home economics from California Polytechnic Institute. She taught high school and university extension courses and worked at the Singer Sewing Machine Company and Stretch and Sew.

## Beginning Digital Camera

CRN # 10005

4 weeks (8 sessions): Jan. 10, 12, 17, 19, 24, 26, 31, Feb. 2  
Tuesdays & Thursdays, 2-4 pm

This course is for first time owners of a digital camera who want to use the darn thing! You will learn about the camera’s buttons, dials, icons and other features and will have an opportunity for a one-on-one session with the instructor to learn the specifics.

**Dennis Murphy** (dwmur@frontier.com) has been involved in photography for several decades and has experienced the culture shock of giving up film and the need to learn a completely new technology just to take a photograph.

## Drawing for People Who Think They Can’t Draw

CRN # 10006

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15  
Wednesdays, 2-4:30 pm

Drawing is absolutely an attainable skill if you think you can learn! Cultivate your talent and acquire new skills. We will make “before” and “after” drawings to document our progress. Learn how to get started when you don’t know what to draw. We’ll explore pen, pencil, and charcoal from scribbles to realism. Amaze yourself! This class will be fun, supportive, and fast paced.

**Robin Rector Krupp** (rrkrupp@hotmail.com) has illustrated seven children’s books, including three that she wrote. She has encouraged creativity at colleges and schools for forty years, sketched worldwide, and painted in the River Arts District.
College for Seniors (CFS): NCCCR Membership is required to register for CFS classes. You may initially register for up to 3 CFS courses. Submit your registration starting December 1 for best availability. Your schedule will be mailed to you on December 12. After you receive your schedule, you may drop or add courses without cost. Complete a Drop/Add Form available in Reuter Center office.

I volunteer to be a CLASS REP in one of my CFS courses

Priority Course Name 5-Digit CRN #
1. Example course name

Priority College for Seniors Course Name 5-Digit CRN# Staff use only
1. ____________________________ _______ _______ _______ _______ 1. E N
2. ____________________________ _______ _______ _______ _______ 2. E N
3. ____________________________ _______ _______ _______ _______ 3. E N

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

4. ____________________________ _______ _______ _______ _______ 4. E N
5. ____________________________ _______ _______ _______ _______ 5. E N
6. ____________________________ _______ _______ _______ _______ 6. E N

I am listing several options above and want to take this final number of courses: 

Your registration will not be processed without your final number of courses written in box above.

Add $20 to your $90 CFS fee for each CFS Wellness & Recreation course marked with a **$20**

(Carry forward your CFS SUBTOTAL to the next page)

Winter College For Seniors Fee – $90 + $20 Wellness and Recreation Course fees.

CFS SUBTOTAL $ __________
Winter College For Seniors Fee – $90 + $20 Wellness and Recreation Course fees.
(From previous page) CFS SUBTOTAL $ _____________

Become a 2011-12 NCCCR Member for $60 Membership SUBTOTAL $ _____________
Membership year is August 1-July 31.

Health and Fitness Center Membership - ($350) HFC SUBTOTAL $ _____________
NCCCR Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.

Add SUBTOTALS and enter TOTAL PAYMENT
• Bring or mail this form with your payment
• If applicable attach your scholarship application

TOTAL PAYMENT ENCLOSED $ _____________

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

Cash or checks only
Make checks payable NCCCR

☐ Check box at left to go paperless and no longer receive a printed catalog in the mail.
We’ll email you when the catalog is available on the NCCCR website- www.ncccr.com

Get Involved! BECOME A CENTER VOLUNTEER

One of the unique strengths of NCCCR is the involvement of its members in every aspect of programming and operations. We need you – your time, talent and enthusiasm.

☐ I currently volunteer at NCCCR ☐ Yes, I would like to volunteer at NCCCR (complete below)

My interests include:
☐ Office work
☐ Finance
☐ Planning programs
☐ Civic Engagement
☐ Planning events
☐ Health & Wellness
☐ Reuter Center facility

☐ Other interests or expertise:

☐ Short term/events (<month)
☐ Ongoing (3-12 months)
☐ Marketing
☐ Strategic planning
☐ Membership
☐ Teaching
(subject:____________________)
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I volunteer to be a CLASS REP in one of my CFS courses

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

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

1. | | | |
2. | | | |
3. | | | |
4. | | | |
5. | | | |
6. | | | |

I am listing several options above and want to take this final number of courses: □

Your registration will not be processed without your final number of courses written in box above.

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(Carry forward your CFS SUBTOTAL to the next page)

Winter College For Seniors Fee – $90 + $20 Wellness and Recreation Course fees.

CFS SUBTOTAL $ _____________
Winter College For Seniors Fee – $90 + $20 Wellness and Recreation Course fees.  
(From previous page)  
CFS SUBTOTAL $ ________________

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Membership SUBTOTAL $ ________________

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HFC SUBTOTAL $ ________________

NCCCR Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.

Add SUBTOTALS and enter TOTAL PAYMENT

• Bring or mail this form with your payment
• If applicable attach your scholarship application

TOTAL PAYMENT ENCLOSED $ ________________

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☐ Ongoing (3-12 months)  ☐ Finance
☐ Marketing  ☐ Planning programs
☐ Strategic planning  ☐ Civic Engagement
☐ Membership  ☐ Planning events
☐ Teaching  ☐ Health & Wellness
  (subject: __________________________)  ☐ Reuter Center facility
☐ Other interests or expertise:  
  ___________________________________________  
  ___________________________________________  
  ___________________________________________
Learn to Knit
CRN # 10007
6 weeks: Jan. 10, 17, 24, 31, Feb. 7, 14
Tuesdays, 11:30 am-1:30 pm

This course is for the TRUE beginner who has NO previous knitting experience. Skills learned will include casting on, casting off, the knit stitch, the purl stitch, increasing, and decreasing. Students will also practice various stitch patterns, and, if time permits, learn how to read simple knitting instructions. The course will culminate in a simple project.

Barbara Stein (barb@mbstein.net) is a lifelong knitter, having learned from family members. She is a retired high school math teacher and assists students in the UNC Asheville mathematics lab, where she has learned to be very patient.

Quilting—Three Dimensional Appliqué
CRN # 10008
4 weeks: Jan. 23, 30, Feb. 6, 13
(Note late start date)
Mondays, 9-11 am

Three-dimensional appliqué is used to enhance or embellish traditional flat appliqué and is suitable for wall or art quilts or garments. Students will make sample pieces. A supply list is available through the College for Seniors office.

Mary Field (jdfield36@hotmail.com) earned a BS in textiles and clothing from Iowa State University and did post graduate study in textiles and related art at Michigan State University. Active in the Asheville Quilt Guild, she has exhibited locally and nationally.

Watercolor for Beginners
CRN # 10009
6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16
Thursdays, 2-4 pm

This course will teach watercolor basics for people new to the medium. Techniques to be covered include basic brushwork, washes, and color mixing. We will learn simple painting skills; some drawing skills are assumed.

Susan Kibler (susankibler1@frontier.com) is a member of the National Association of Women Artists, the Pen & Brush Club, the Art Students League in New York City, the Columbia County Council of the Arts, and The Art Safari in Weaverville.

Business, Law & Finance  For related topics, see p. 23

Investing, Past, Present & Future
CRN # 10038
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Fridays, 9-11 am

In order to come up with some sense of the present investment climate, we will delve into the past. Why, when, where, and how did investing first come about? As we gain an understanding of the origins of stocks, bonds, annuities, and mutual funds, we will learn how to use them for growth, income, or legacy.

A financial advisor and native of London, England, Stephen Herbert (Stephen.herbert@edwardjones.com) has provided financial advice to individual investors in the United States and the United Kingdom for the past twenty years.

Planning for Financial Success in Retirement
CRN # 10039
5 weeks: Jan. 9, 23, 30, Feb. 6, 13
(No class on Jan. 16)
Mondays, 11:30 am-1:30 pm

Learn the truth from two very experienced fee-only advisors about anything that has an impact on your financial success in retirement. Topics covered include how to maximize spending in retirement, varied investments, return expectations, market timing, annuities, life insurance, estate planning, and others.

Bart Boyer (bboyer@parsecfinancial.com) founded Parsec Financial in 1980 and is the chief executive officer. He is a Certified Financial Planner practitioner and holds a BS in business from Arizona State University. Roger James (rjames@parsecfinancial.com) joined Parsec in 2007 and is a senior financial advisor. Roger holds a JD from Samford University and a BS from Baylor University.

Understanding Real Estate Transactions
CRN # 10040
5 weeks: Jan. 12, 19, 26, Feb. 2, 9
Thursdays, 11:30 am-1:30 pm

Learn how to control the process and minimize the frustrations of buying and/or selling your home. Topics will include choosing a broker, financing, pricing, negotiation, and closing, as well as acquisition of vacant land. Instructors include a residential real estate sales consultant, an attorney, a mortgage lender, and a home inspector.

Binna Green (binnag@bellsouth.net), course coordinator, has worked in all aspects of residential and commercial real estate since 1978.
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.

**Getting Hip With Facebook**

CRN # 10012

6 weeks: Jan 12, 19, 26, Feb. 2, 9, 16
Thursdays, 2-4 pm

This is a hands-on beginner course for those interested in joining the fun and popular social network, Facebook. We will cover how to set up a Facebook account, find and add friends, post pictures and videos, as well as learn about privacy and security settings and applications/games. Note: No advanced topics in Facebook will be discussed in this course. Minimum Requirements: Participants must have strong basic computer knowledge and have an email account that they know how to access remotely from the NCCCR computer lab.

A graduate of the University of Florida with an MBA from the University of North Florida, Deborah Bohan (bohan12@me.com) has trained people on software, written documentation, and designed software marketing campaigns.

**iPad Hootenanny**

CRN # 10013

6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16
Thursdays, 9-11 am

So you have been seduced into iPad land? Are you happy with this choice? Do you wonder if you are using your iPad effectively? Do you have anxiety regarding all the “app” options? Are you eager to share iPad experiences? Come join me to sing praises to the iPad. Minimum Requirements: An iPad and a willingness to share experiences using it.

A Macster since 1987, Larry Fincher (larryfincher@mac.com) has taught many Macintosh computer courses at the College for Seniors.

**PC Computer Basics and Shortcuts**

CRN # 10014

6 weeks: Jan. 10, 17, 24, 31, Feb. 7, 14,
Tuesdays, 2-5 pm

Do you know little or nothing about computers? This course will give you tips and slow-paced hands-on practice with computers that use Microsoft Windows. You’ll learn easy ways to navigate and search the Internet, create and use folders, do simple word processing, and email documents with attachments. We’ll also have very brief introductions to Facebook and PowerPoint. Minimum Requirements: Access to a computer.

Beth Pilz (bethunca@gmail.com) and Marguerite Manicone (MRM123go@yahoo.com) were system programmers for IBM; both have done volunteer work to teach low-income seniors how to use computers. Over the years, Beth has taught many computer courses at the College for Seniors.

**There’s More to Photoshop Than Just Fixing Photos!**

CRN # 10015

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15
Wednesdays, 11:30 am-1:30 pm

What do you do with your pictures after “fixing” them with Photoshop? Use the creativity of Photoshop to show off your photos! We will explore Photoshop’s drawing tools, type, brushes, and layer styles while creating an accordion mini-album, a desktop calendar, and a thank-you card. In the computer lab, we will create the templates and pages. At home, you will print out your project and assemble it. (Assembly will be demonstrated in class, and pdfs will be emailed to “refresh your memory.”) Please note this is not a beginning Photoshop course. Minimum Requirements: Students should be familiar with the Photoshop workspace (Photoshop Elements or Creative Suite) and know how to work with layers. Students will need a flash drive to transport files to and from class.

Judy Piotrowski (piotrowski@mac.com) has taught beginning Photoshop classes at the College for Seniors as well as classes in photo-editing and restoration.
**Contemporary Issues**

**Hunger in Western North Carolina: Exploding the Myths, Exploring the Solutions**
CRN # 10017

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15
Wednesdays, 11:30 am-1:30 pm

How do families with limited resources obtain their food? With federal assistance programs as a backdrop, the stage is set to focus on the needs and the solutions in Western North Carolina. Two guests will spotlight effects on older people and on children, who are much more likely to be hungry than are adults. Field trips include MANNA Food Bank, a local soup kitchen, and a food pantry.

**Kitty Schaller** (kschaller@bellsouth.net) recently retired as executive director of MANNA Food Bank and prior to 2004 was the director of development. Kitty’s career in North Carolina and New Jersey foodbanking spans twenty-nine years and has included work in advocacy and hunger education, both professionally and as a volunteer. Currently a volunteer with MANNA and Meals on Wheels, **Janie Wilson** (janie2wilson@hotmail.com) has taught as an adjunct at UNC Asheville and Marietta College. She has worked as a speech therapist, volunteer coordinator, and attorney.

**The United Nations—In Everyone’s Interest**
CRN # 10018

6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20
(No class on Jan. 16)
Mondays, 2-4 pm

We’ll look at global issues of special interest to the United States and the role of the United Nations in dealing with those issues. We will also examine the progress in dealing with those issues, and see if greater United States-United Nations cooperation could be helpful. The United States’ relationship with the United Nations will be discussed in depth.

**James Roush** (jlroush@aol.com) served for twenty-five years with the US Agency for International Development in France, Ethiopia, Cameroon, Vietnam, Guatemala, and Chile. For the next twenty years, Jim served as a development consultant in fifty-five countries. Since 1960, he has served on United Nations Association chapter boards in Washington, DC, Raleigh, and Asheville.

**Film**

**Mainstream Cinema as a Mirror of Society**
CRN # 10027

4 weeks: Jan. 12, 19, 26, Feb. 2
Thursdays, 11:30 am-1:30 pm

This course will focus on film as a mirror of society and its reflection of society and culture over the decades. Various excerpts will be selected to initiate the discussions. We’ll discuss the Hayes Code of Motion Picture Production in 1934 and how the industry’s self-censorship collapsed under market pressures from changing social morality. Discussions will also include syndicated film criticism and its impact.

For thirty years, **Marty Meltz** (filmscritic415@hotmail.com) published critiques of films in Portland, Maine, newspapers. His career spans forty years of published film reviewing. He had a radio spot in the 1980s, made many local television appearances, and made short sponsored films.

**The Rest of the Best of Fellini**
CRN # 10029

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15
Wednesdays, 2-4:30 pm

Federico Fellini’s _La Dolce Vita_ and _8-1/2_ are well known, as are his earlier neorealist _La Strada_ and _Nights of Cabiria_. We will review and discuss the biography and filmography of this director and writer, concentrating on excellent but less well-known films such as _Il Bidone, Toby Dammit, Le tentazioni del dottor Antonio_, and _Intervista_. If time allows, we will also view _City of Women._

**Ted McIrvine** (McIrvine@aol.com) is a retired physicist who has been an author, music critic, and arts columnist for the last ten years. He has viewed twenty-one of Fellini’s twenty-two films.

**Silence is Golden II: Favorite Comedies From the Silent Era**
CRN # 10028

6 weeks: Jan. 10, 17, 24, 31, Feb. 7, 14
Tuesdays, 9-11 am

This course, a sequel to _Silence is Golden_, will feature several favorite silent comedies with background on each film and performer as well as the reasons why I chose them. Silent film comedians to be featured will include Charlie Chaplin, Buster Keaton, Harold Lloyd, and Laurel and Hardy. Classes will include viewing of short films and features.

**Chip Kaufmann** (jjk44@bellsouth.net) is currently president of the Hendersonville Film Society, a regular contributor to _Rapid River_ magazine, a member of the Southeastern Film Critics Association, and a classical music announcer at WCQS. This is his thirteenth course at the College for Seniors.
**Film continued**

**Vittorio De Sica & Italian Neo-Realism**  
CRN # 10030  
4 weeks: Jan. 10, 17, 24, 31  
Tuesdays, 2-4:30 pm

Film director Vittorio De Sica—with some of Italy’s greatest directors—is linked to a brief ten-year postwar movement in film. Set among the poor and working class, often using non-professional actors and shooting on-location, this movement produced riveting works that brought recognition to Italian cinema and continue to influence global film-making today. We’ll look briefly at the movement, consider De Sica’s career, and discuss the stories of four of his films.

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

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**History For related topics, see p. 27**

**The Cherokees**  
CRN # 10023  
6 weeks: Jan. 10, 17, 24, 31, Feb 7, 14  
Tuesdays, 11:30 am-1:30 pm

Most of us have heard of the Trail of Tears, but our Cherokee neighbors have a long and more complicated history, both internally as a Native American group and in numerous contacts with state and federal governments. This course aims to help participants gain an understanding the Cherokee past, so that we can better understand its present.

**Tom Sanders** (tsanders.avl@gmail.com) holds an AB from Duke University and a PhD from Columbia University. He has taught about twenty-five courses in history and contemporary issues at the College for Seniors.

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**The History of Sexuality in America**  
CRN # 10024  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 9-11 am

In this course, participants will examine the history of sexual issues in the United States and review the impact of sexual changes on American culture. In large and small groups, we will also discuss the progress that has been made in our culture concerning sexual issues as well as identify the socio-cultural struggles that have led to changes in our culture.

**Kelley Wolfe, PhD** (mountainsexology@bellsouth.net), is an authority on sexuality and women’s health. She is a speaker, educator, and private practitioner.

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**Mountain Men, Gaudy Liars & the American West**  
CRN # 10020  
4 weeks: Jan. 12, 19, 26, Feb. 2  
Thursdays, 11:30 am-1:30 pm

Without mountain men and even a gaudy liar, the American West might have taken longer to tame. They were a diverse group, hard to stereotype, who covered the Rockies and beyond as traders, trappers, and explorers. Through lectures, slides, and discussion we will follow their routes, learn their stories, party with them at annual rendezvous, and hear their tall tales.

**Paula Withrow** (paula66wvw@gmail.com) has an MA in history from Colorado State University and an enthusiasm for sharing historical facts and fiction with others. Western American history is one of her passions.

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**National Parks: What to See, Where and When to Go**  
CRN # 10021  
6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15  
Wednesdays, 11:30 am-1:30 pm

This course will examine forty-six national parks located within the contiguous United States. Each class session will be designed around what to see and do while traveling to cool places in summer and warm places in winter. Several national parks will be covered in each class session based on proximity to one another and travel considerations from Western North Carolina.

**Chester Pankowski** (cjpankowski@gmail.com) is a retired community planner who worked in economic development in Western North Carolina and as a city planner in Michigan. Mr. Pankowski has taught geography at universities and community colleges.

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**The Signing Fathers**  
CRN # 10025  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 9-11 am

In 1776, fifty-six patriots risked their lives, fortunes, and sacred honors by signing a document that began a new nation. This declaration, which was finally signed on August 21—not July 4 as we now celebrate—is arguably the most important political statement in American history. Yet today most of us can name only a few of the signers. This course will briefly review the history of the Declaration of Independence and describe the signers—who they were and what happened to them after the signing.

**Bert Lockwood** (kelockwood@mindspring.com), an automotive engineering graduate of the University of Michigan, has been a long-time student of military history. He has taught numerous history courses at the College for Seniors.
In 1998, the Peabody Awards recognized HBO Sports for its “ongoing and consistently superb series of sports documentaries.” We will watch one HBO Sports documentary, originally aired between 2001 and 2010, in each class and then discuss it. Topics include Major League Baseball, the Olympics, professional football, soccer, and college basketball. Stories range from the 1930s to the early twenty-first century, and include both men and women athletes.

As an advertising sales manager for *Sports Illustrated*, Larry Griswold (si54gu@gmail.com) worked closely with HBO, the most frequent winner of sports Emmy Awards from the National Academy of Television Arts and Sciences.

**Language & Literature**

**Beginning French A**
CRN # 10032

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15
Wednesdays, 11:30 am -1:30 pm

This beginning level course is tailored for adults who wish to initiate the study of French or refresh their skills. The six sessions focus on communication through practice of listening, speaking, reading, and writing. Pronunciation exercises will help learners to understand and mimic the sound system. Formal and informal cultural topics will be integrated through readings, songs, and film clips. A textbook will be provided. Participants may wish to buy the accompanying workbook.

For over thirty-five years, Ivy Dyckman (ivyd620@aol.com) has taught French and Spanish at secondary and post-secondary institutions in the United States and abroad. She earned a PhD in French from Florida State University.

**Reading Shakespeare Aloud: Richard II**
CRN # 10033

6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20
(No class on Jan. 16)
Mondays, 2-4 pm

One of the best ways to learn how to read a Shakespeare play happily is to read the text aloud. *Richard II*, entirely in verse, provides a complex range of characters and of levels of poetic expression, from the poet’s wastrel Richard to the sober and staid Bolingbroke. Acting ability or experience is not necessary; everyone will have the chance to read aloud, as much as desired. **Recommended text:** Any good text of Shakespeare.

Retired Distinguished Professor of Literature at the State University of New York, Mario DiCesare (dicesare1@mindspring.com) has taught CFS courses every term since 1998. His particular interests include Homer, Vergil, Dante, Shakespeare, Milton, George Herbert, Joyce, poetry, and fiction.

**T.S. Eliot: The Four Quartets**
CRN # 10034

4 weeks: Jan. 11, 18, 25, Feb. 1
Wednesdays, 2-4 pm

Arguably the twentieth century’s greatest long poem, T.S.Eliot’s *The Four Quartets* is worth continued study. In four sessions we will look at each quartet, tracing patterns, images, and structures in this profoundly modern, yet deeply traditional work. There will be something for everyone in this multi-layered poem, which will be the impetus for class participation and discussion. **Required text:** T.S. Eliot: *The Four Quartets*. ISBN: 9780156332255. Cost: $9.00.

David Barratt (dandjbarratt@netscape.net) has taught several courses on T.S. Eliot at the College for Seniors, as well as in England, Pakistan and the United States, during his career as an English professor.
Visions of Brooklyn: Strangers in a Strange Land  
CRN # 10035

We’ll explore how individuals from three different cultures (Caribbean, Irish, and Russian) adapt to life in Brooklyn during the 1940s, 1950s, and the present, depicted in Paule Marshall's *Brown Girl, Brownstones*, Colm Tóibín’s *Brooklyn*, and Haley Tanner’s *Vaclav and Lena*. We will discuss works not only as a matter of social and literary history, but also as a source of pleasure and self-knowledge.

Jay Jacoby (jjacoby@unca.edu) has taught English and literature for over forty years. He retired from UNC Charlotte in 2004 and is currently an adjunct professor at UNC Asheville.

A Workshop Approach to Writing  
CRN # 10031

Participants will explore various elements of imaginative writing—imagery, voice, character, setting, and narration—on the path toward writing in the genre(s) of their choice. We’ll examine the value and methods of keeping a writer’s journal. Half of each session will be a writer's workshop, developing constructive, critical responses toward each other’s writing and devising strategies for revision. **Recommended text:** *Imaginative Writing: The Elements of Craft* by Janet Burroway. ISBN: 978-0-205-750354. Cost: $38.66

John Himmelheber (johnhimmelheber@aol.com) is a practicing writer who taught creative writing for over thirty years. He holds an MA in English with a concentration in poetry writing.

Write Across the Threshold of Transformation  
CRN # 10036

This course is designed to be a catalyst for writing as we express the confusion, elation, dislocation, loss, and sense of anonymity present during change. Readings include the wisdom of Esther de Waal’s book, *To Pause at the Threshold: Reflections on Living on the Border*, and the final essay from Jane Hirshfield’s *Nine Gates, Entering the Mind of Poetry: Writing and the Threshold of Life*. Writing assignments will be issued each week, and members will be encouraged to read their offerings in class. **Recommended text:** *To Pause at the Threshold: Reflections on Living on the Border*, Esther de Waal, ISBN: 0819219894. Cost: under $20.

Carol Pearce Bjorlie (bjorlie.carol@yahoo.com) has a BM from East Carolina University, and an MFA from Hamline University in St. Paul. She has taught poetry/creative process at the Loft Literary Center in Minneapolis, MN, and UNC Charlotte. A former member of the cello section of the Charlotte Symphony Orchestra, she continues to teach and freelance in North Carolina.

Writing Your Personal History  
CRN # 10037

Your personal history or special memory book will be a treasured legacy for your family, friends, and generations to come. Step-by-step, this course will guide you through the techniques for capturing and saving the stories and memories of a lifetime or special event such as a birth, wedding, or anniversary. The course also provides practical advice about publishing a manuscript.

Patricia Baldwin, PhD (pbaldwin@unca.edu), has practiced and-or taught journalism for thirty-five years. She has written two organizational histories – the latest slated for 2012 publication. She has written hundreds of profile stories.

Met at the Movies  
CRN # 10011

In this course, we study the operas in the Metropolitan Opera’s “Hi-Def Live from the Met” series, which is presented at the Carolina Cinemas throughout the season. We watch various productions of the operas and explore the lives and music of the composers. The first Met production during the winter season will be “The Enchanted Isle”, which is a composite of various Baroque operas. The second class will cover Wagner’s *Siegfried*, the third, Verdi’s opera *Ernani*, and the last, Mozart’s *Cosi Fan Tutte*.

Pat Heuermann (patruschka@charter.net) has directed opera, music theater, and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University, and the American Institute of Musical Studies in Graz, Austria. She is currently the president of the Asheville Opera Guild and is past president of the National Opera Association. In February 2012, she will direct Asheville Lyric Opera’s production of Mozart’s *Cosi Fan Tutte*. 
### Reuter Center Singers

**CRN # 10010**

6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
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 is on the agenda. Those enrolled in CFS courses pay a discounted music fee of $30 per term, payable to the Reuter Center Singer treasurer. See additional information on page 4.

**Chuck Taft** (cwstaff@aol.com) is director for the Asheville Lyric Opera and Haywood Arts Repertory Theatre.

### Personal Development

**For related topics, see p. 24**

#### The Artist’s Way to Live Creatively

**CRN # 10044**

6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16  
Thursdays, 2-4:30 pm

Do you want to live your life more creatively, intuitively, and joyfully? This course is a discussion group with in-class exercises based on Julia Cameron’s bestselling book, *The Artist’s Way*. The Artist’s Way approach recommends active involvement through daily journaling and doing weekly solo “artist’s date” explorations outside of class.


**Beth Pilz** (bethunca@gmail.com) has previously taught this course at the College for Seniors. She has facilitated many brainstorming sessions during her twenty-five year career as a system programmer, planner, designer, and technical writer at IBM.

#### Awakening into Your Deepest Self: A Meditation on the Purpose of Being Human

**CRN # 10041**

6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16  
Thursdays, 9-11 am

This course will be built around original writings by the instructor drawn from his long-standing consciousness column in Asheville’s *Rapid River* magazine and videos of remarkable consciousness teachers of worldwide stature. It will explore the true purpose of meditation as a vehicle of human evolution into full realization of conscious living through meditation instruction, practice, and topic discussion.

**Bill Walz** (healing@billwalz.com) has evolved from a career as a clinical psychologist into teaching meditation and evolving consciousness as a path to personal healing and growth. He has taught meditation and consciousness at UNC Asheville, in public forums, and with a private clientele.

#### Before I Die

**CRN # 10042**

6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Fridays, 9-11 am

In the supportive environment of a learning circle, we’ll examine our thoughts and expectations about life’s only certainty and greatest unknown: dying. Based on the video seminar “Before I Die,” we’ll talk about our thoughts and expectations about issues around and attitudes toward death and the documents needed to enforce our last wishes. Find out now how to plan for “a good death.”

**Sandi Taylor** (sandronx@mindspring.com) is a retired teacher and supervisor in the field of education. As a long-time student of esoteric studies, she has received training in transitions for the dying process and in death midwifery. **Darlene Colmar** (darlenecolmar@gmail.com) has facilitated learning circles at the College for Seniors since Spring 2007 and continues to be marvel at the wealth of information and insight we have to share with each other.

#### The Impact of Crash

**CRN # 10045**

4 weeks: Jan. 10, 17, 24, 31  
Tuesdays, 2-4 pm

The 2006 Academy Award Winner *Crash* will serve as a foundation for a learning circle on racial and social tensions as portrayed in the movie and experienced in our own lives. We will examine our personal multi-cultural experiences as well as what we identify within ourselves from the movie. We will also discuss the themes of loneliness, choices, and their consequences as well as the chance of redemption with “second” chances. The format will be a large group presentation with small groups for learning circle discussions.

**Darlene Colmar** (darlenecolmar@gmail.com), **Perien Gray** (gray.perien090@gmail.com), **Pat Harvey** (patricia_harvey@bellsouth.net), and **Sandi Taylor** (sandronx@gmail.com) have facilitated numerous learning circles at the College for Seniors. They are interested in the themes of this movie and how those themes have affected, and continue to affect, their lives today.
**Inquiry Meditation**  
CRN # 10047  
6 weeks: Jan. 10, 17, 24, 31,  
Feb. 7, 14  
Tuesdays, 2-4 pm

This course is an invitation to more deeply experience the peace, love, and compassion that is always right here within us. It introduces a very simple practice of meditative inquiry, and if followed, will allow you to meet life situations in a way that no longer causes fatigue and stress. All levels of meditation experience are welcomed.

Tapping all resources that inspire truth, **Georgette Cressend** (compassionatejoy@yahoo.com) has been teaching and practicing inquiry meditation for twenty-five years. She remains a student of truth and a conduit for love and compassion.

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**The Joys and Challenges of Grandparenting**  
CRN # 10046  
4 weeks: Jan. 25, Feb. 1, 8, 15  
(Note late start date)  
Wednesdays, 9-11 am

Being a grandparent comes with many surprises! Come and share your experiences. Learn why our roles are so important, how to stay connected with your grandchildren, how birth order influences their behavior, why praise often backfires, why grandchildren act the way they do, and why life is often difficult for our bright grandchildren. The second half of each of the last two sessions will be “For Grandmothers Only” or “For Grandfathers Only.”

With masters degrees in education and social work, **Dianne Rebbin** (dianne@rebbin.com) was a teacher, an elementary school counselor, a preschool director, social worker, and an assistant principal. She has conducted seminars for parents and teachers and more recently for grandparents on cruise ships.

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**People in Transition**  
CRN # 10043  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 2-4 pm

Transition is a time of leaving behind one phase of life when we haven’t quite gotten hold of the next. The years after fifty often bring major transitions – children move on, careers change or end, and relationships may need adjusting. In this learning circle, we will share concerns, thoughts, ideas, and feelings, reflect on our lives, and focus on the wisdom and strengths we’ve gained for facing current challenges and opportunities.

**Perien Gray** (gray.perien090@gmail.com) has been facilitating learning circles and teaching facilitation skills at the College for Seniors since 2003. **Norm Field** (bruthfield@yahoo.com) has a degree in electrical engineering and was director of engineering at Quantum Corporation. He has been an enthusiastic participant in learning circles at the College for Seniors.

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**God in the Gilded Age**  
CRN # 10049  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 11:30 am-1:30 pm

Great changes characterized American life in the “Gilded Age” – the period between the Civil War and World War I. They included new developments in American religion: liberal theology, fundamentalism, ethnic churches, revivalism and the social gospel. In discussing these changes we will look at the relation of religion to culture and society.

**Farley Snell** (snellfarleyw@netscape.net) has been teaching courses in religion at the College for Seniors since Winter 2008. His PhD is from Union Theological Seminary in New York City.

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**“I Am Sorry, But….”: The Psychology and Meanings of Apologies**  
CRN # 10048  
6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15  
Wednesdays, 11:30 am-1:30 pm

Giving a sincere apology is difficult, and we often misunderstand, resist, or reject giving and accepting apologies. We will learn what the components of a genuine apology are and how to offer an apology in an effective way. Seven reasons why apologies fail will be illustrated. We will also explore the roots of apologies in Judaism and Christianity. The possibility of a collective apology will be examined.

**Earl Thompson** (jetmlm@gmail.com) is a semi-retired professor at Andover Newton Theological School, where he taught history and psychology for thirty-six years and for which he continues to teach online courses.
Lifestyle: Great Books Style  
CRN # 10050  
5 weeks: Jan. 19, 26, Feb. 2, 9, 16  
(Note late start date)  
Thursdays, 11:30 am-1:30 pm  
The question of what is life and how we should we live it has as many answers as people. We'll address this question through the eyes of seminal writers of both fiction and philosophy with the goal of enhancing our understanding of who and what we are. Writings from Flaubert, O’Connor, Thoreau, T. S. Eliot, and others will be furnished for downloading.

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

Revolutions in Thought:  
Copernicus and Beyond  
CRN # 10051  
5 weeks: Jan. 23, 30, Feb. 6, 13, 20  
(Note late start date)  
Mondays, 9-11 am  
This course is an intellectual history tracing the impact of three thinkers—Nicholas Copernicus, Charles Darwin and Sigmund Freud—on the Western intellectual tradition. Their works were fulcrums around which occurred the revolution from ancient and medieval thinking to the development of the modern mind. Our five sessions will leave adequate time and opportunity for class participation and discussion. Required text: The Passion of the Western Mind: Understanding The Ideas That Have Shaped Our World View, Richard Iarnas, ISBN: 0-345-36809-6. Cost $5, used.

After majoring in mathematics and pursuing a forty-year career in insurance company management, Carl Ricciardelli (cfr666@bellsouth.net) had college level courses in each of the several cities in which he had lived, none related to math or insurance. Carl received an MS in counseling psychology at age sixty-four and, upon retirement and after moving to Asheville, discovered what he was meant to do by inclination and aptitude: study and teach intellectual history, Greek drama, skepticism, and critical thinking. He is fascinated by the confrontation of ideas.

The Yoga Sutra:  
Meditation and the Path to Liberation  
CRN # 10052  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 2-4 pm  
The classical teachings on the nature of consciousness and spiritual liberation in the Yoga tradition are rooted in Patanjali’s Yoga Sutra (circa 400 BCE). In four succinct chapters, Patanjali presents a practice of meditation intended to awaken fully the mind’s potential wisdom, thereby exposing the illusions that keep us bound to experiences of suffering. Although not a course instructing the physical postures, students will gain a correct understanding of Yoga worldview that greatly deepens the effect of the physical practice. Class time will be focused on discourse on key ideas, question and answer sessions, and engaged critical discussion. Required text: The Yoga Sutras of Patanjali, Edwin F. Bryant, ISBN: 978-0-86547-736-0. Cost: $23 (first recommendation). Alternative text: The Yoga Sutra of Patanjali, Chip Hartranft, ISBN: 978-1-59030-023-7. Cost: $10 (less comprehensive in scope than Bryant but a good alternative for those who wish a shorter and less costly text).

John Muecke (jcmuecke@gmail.com) holds an MA in religious studies from Stanford University, a BA from the University of Tennessee and is a graduate of the Geshe studies (master of Buddhist studies) program of the Asian Classics Institute.

Science and Technology: In-Depth Lectures  
CRN # 10016  
4 weeks: Jan. 24, 31, Feb. 7, 14  
(Note late start date)  
Tuesdays, 11:30 am-1:30 pm  
This is the tenth annual Science and Technology In-Depth Lecture Series. The lectures to be covered are: “The Strange Landscape of Infinity,” “Tales from the Periodic Table of the Elements,” “Introduction to Geology,” and “The Current State of the Climate.”

Course coordinator Howard Jaslow (innovalg@aol.com) is a retired engineer who has conducted this course for the last nine winter sessions. Instructors include, Bill Hatt (billhatt.hatt@gmail.com), John Bultman (jbultman@abtech.edu), Jessica Blunden (jessica.blunden@noaa.gov), and Howard Jaslow.
Wellness & Recreation courses with this symbol $20 each require a $20 fee, in addition to your College for Seniors fee of $90, remitted with your registration form. Failure to include the fee with the 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.

**Please 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.

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**Ageless Grace**
CRN # 10053

$20

5 weeks: Jan. 17, 24, 31, Feb 7, 14
(Note late start date)
Tuesdays, 9-10 am

*Ageless Grace* is a fitness program that consists of twenty-one fun and simple exercises for all ages and abilities - designed to be performed seated in a chair. Almost anyone can do Ageless Grace, regardless of most physical conditions. You’ll learn anti-aging techniques to help improve health, lessen stress, plus keep the brain and body agile.

**Judi Lampert** (judilusa@charter.net) has taught group fitness, stretch, Nia, Zumba, music and ballroom dancing classes in community and university settings for over twenty years.

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**Arthritis Foundation’s T’ai Chi**
CRN # 10059

$20

6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15
Wednesdays, 2-3 pm

The Arthritis Foundation Program of T’ai Chi for Arthritis is a mind-body exercise designed for individuals with and without arthritis or related musculoskeletal conditions. Using Sun style T’ai Chi and Qigong, this course incorporates warm up and cool down exercises as well as T’ai Chi principles to enhance and improve balance, posture, flexibility, and quality of life. **Due to topic popularity, you may take only one T’ai Chi course per term.**

A practicing physical therapist, **Anne Plyler** (instructor@wnctaichiarthritis.com) began her T’ai Chi practice in 1996. She received a BS in physical therapy from UNC Chapel Hill in 1970 and an MLA from UNC Asheville in 2008. An educator by profession, **Bob Plyler** (instructor@wnctaichiarthritis.com) received a BA in psychology from UNC Asheville and attended Western Carolina University’s graduate program. He began studying martial arts in the 1980s. Currently he teaches courses on empty-hand self defense, “Refuse to be a Victim,” safety / self-awareness, and concealed carry and firearms tactical defense. Both Anne and Bob are certified Arthritis Foundation Program Level I & II T’ai Chi instructors (www.wnctaichiarthritis.com)

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**Beginner Line Dance**
CRN # 10064

$20

6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16
Thursdays, 2-4 pm

Line dancing is a great activity to keep your mind and body sharp. We will learn the fundamental steps for beginner dances and be able to perform many dances by the end of the course. Line dancing is a great way to have fun dancing to all genres of music.

**Denna Yockey** (denna.yockey@yahoo.com) teaches line dance at Givens Estates, Harvest House, and A- B Tech. She has taught line dancing for about fifteen years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

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**Continuing Yoga**
CRN #10054

$20

6 weeks: Jan. 10, 17, 24, 31,
Feb. 7, 14
Tuesdays, 11:30 am-1:00 pm

This course is for people who have taken some yoga and want to resume or intensify their practice and to learn more. The relatively gentle course includes instruction in the basic Hatha yoga poses, with a focus on breath and especially on awareness. **Due to topic popularity, you may take only one yoga course per term.**

**Fran Ross** (franjii@charter.net) is a certified yoga teacher, registered by the National Yoga Alliance. She was trained in the Kripalu and Anusara traditions of yoga and has taught yoga at One Yoga Center and the Penland School of Crafts.

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**English Folk Dance**
CRN # 10058

$20

6 weeks: Jan. 11, 18, 25,
Feb. 1, 8, 15
Wednesdays, 9-11 am

This class is an introduction to English folk dance. In addition to traditional English “barn dances,” we will learn seventeenth and eighteenth-century historical dances (from the Jane Austen era). To enjoy this class you should be able to walk at a brisk pace and have stamina for a two-hour dance class. You do not have to register with a partner.

**Bob Thompson** (dancebob44@bellsouth.net) has been dancing and teaching English and American folk dance for over thirty years. He has worked with dance groups and community groups in Asheville and throughout the southeast.
Health and Happiness from the Chinese View  
CRN # 10065  
4 weeks: Jan. 10, 17, 24, 31  
Tuesdays, 11:30 am-1:30 pm

The ancient concepts of Qi, Yin and Yang, and the Five Elements still pertain to our twenty-first century lives. Focusing on some everyday health problems, we'll look at how Chinese medicine might diagnose and treat/restore our natural “abundant and free-flowing energy.” We'll learn some Tui’Na (acupressure) and practice the Eight Pieces of Brocade, a basic Qigong set known for its balance and harmony.

Barbara Demeter (bdemeter20@gmail.com) is an acupuncturist in practice in Asheville. Before completing her degree in Chinese medicine, she was a registered nurse for thirty-three years.

Intermediate Bridge: Bridge II  
CRN # 10060  
6 weeks: Jan. 10, 17, 24, 31, Feb. 7, 14  
Tuesdays, 9-11 am

If you loved Beginning Bridge so much that you’d like to continue playing, or, if bridge has been your game for a while, here’s the perfect opportunity to upgrade your skills. The course uses the point count method with upgrades—known as Standard American—by current bridge professionals. Each session will feature a lecture and discussion of the assigned topic, followed by play of the appropriate hands. Required text: Intermediate Bridge Five-Card Majors Revised, Shirley Silverman, ISBN: 093946067X. Card: Contract Bridge Point Count Bidding Guide. Cost: $8 for both, to be collected in class.

Bob Evans (mickeybob2@aol.com) earned his PhD in education. He has taught bridge classes for over thirty years, and has played socially for over fifty years. Marilyn Evans (mickeybob2@aol.com) has taught in the office administration and information technologies departments at Cuyahoga Community College in Cleveland, Ohio, for thirty years, as well as computer courses at the College for Seniors. Bob and Marilyn have been teaching bridge courses at CFS since 2001.

Journey Dance/Move Your Body  
CRN # 10066  
6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16  
Thursdays, 2-3:30 pm

This is a freeing, experiential, transformative movement class. We start with a short sharing, followed by a visualization and warm-up movements. At times, you may choose to softly follow easy movements, guiding you to then move intuitively on your own. We end with a delicious relaxation. Have fun, visualize, be playful, soulful, and creative. Accept yourself and connect with others. All body types and energy levels are celebrated. No dance experience is required.

Cynthia Greenfield (csgreenfield1001@aol.com) is a certified Journey Dance and Kripalu Dance Kinetics instructor. She has extensive experience in the areas of yoga, meditation, and breathing techniques. She is a retired guidance counselor.

Mah Jongg  
CRN # 10055  
4 weeks (8 sessions): Jan. 11, 12, 18, 19, 25, 26, Feb. 1, 2  
Wednesdays & Thursdays, 11:30 am-1:30 pm

If you can play gin rummy, you can play mah jongg. You will learn the background of this ancient game, become familiar with pieces and terms, learn to play by the Wright-Patterson rules, and how to score the game. Then you can join us in the Tile Clickers SIG every Wednesday! Materials fee: $10 fee for books.

Shirley Rardin (tsrardin@charter.net) and Rosemary Walton (rh68@bellsouth.net) have been playing mah jongg for more years than they care to mention.

Qigong for Health and Wellness  
CRN # 10056  
6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15  
Wednesdays, 9-11 am

Qigong is an ancient Chinese practice with wonderful health benefits. It is composed of slow, graceful movements, visualization and breathing, which allow you to connect with your body and become conscious of your Qi (life force energy). You will learn a classic form called Eight Pieces of Brocade and the Microcosmic Orbit meditation. Qigong is a joyful experience connecting mind, body and spirit. Please bring a mat to sit on for the meditation, if you have one.

Laura Nelson (sailgal@comporium.com) has been a Qigong practitioner for sixteen years and used it to recover from chronic fatigue and depression. She is certified by the Chinese Health Qigong Association and Spring Forest Qigong. You may view her website at: www.spiralpathqigong.com
Solving Cryptic Crossword Puzzles  
CRN # 10061  
6 weeks: Jan. 11, 18, 25, Feb. 1, 8, 15  
Wednesdays, 9-11 am  
Compared to regular crosswords, cryptic clues seem bizarre! They use anagrams, hidden words, homophones, etc. to give hints. Plus, there’s a straightforward definition. Example: Cat sees I am mad. Answer- SIAMESE (“sees I am” anagram; “mad” signals to scramble those letters; Siamese = cat). We’ll learn how to solve all cryptic clues. You’ll chuckle each time you solve one---guaranteed!  

Jacob Cohen (jacobwoodworker@gmail.com) is a retired teacher and principal of students with emotional and behavior problems and gifted students. He enjoys competitive Scrabble, woodworking, and EQUATE (a math equation thinking game like Scrabble).

T’ai Chi Chih  
CRN # 10062  
6 weeks: Jan. 12, 19, 26, Feb. 2, 9, 16  
Thursdays, 9-10:30 am  
T’ai Chi Chih is not a martial art, but a moving meditation. It is a great way to reduce stress, to center one’s self, improve flexibility and balance, and to heal body, mind, and spirit. The simple nineteen movements and one pose are easy to learn.  

Due to topic popularity, you may take only one T’ai Chi course per term.  
Stan Corwin (colstash@att.net) is an accredited instructor of T’ai Chi Chih, and has been teaching since 2006. He has previously taught two T’ai Chi Chih courses at the College for Seniors.

T’ai Chi for Back and Balance  
CRN # 10063  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 9-11 am  
This course introduces students to T’ai Chi principles as embodied in the Simplified Yang Form of Professor Cheng Man-Ching. Through the practice of a series of exercises and a mini-form, we will strengthen the lower body, increase the flexibility of the upper body, relieve lower back stress and improve balance. The class will also include some standing meditation.  

Due to topic popularity, you may take only one T’ai Chi course per term.  
Terry Call (tfcall@gmail.com) has been studying and teaching T’ai Chi for fifteen years. He has trained in several styles of hand form, push hands, and sword form. He has a special interest in T’ai Chi as an exercise for active seniors.

Texas Hold’em Poker for the Absolute Beginner  
CRN # 10068  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 2-4 pm  
Texas Hold’em has taken the nation by storm. The game is easy to learn and difficult to master. This course will provide an excellent foundation in Hold’em strategies. The class will start with the rules of the game and move on to basic and intermediary strategies. Members of the class will play poker at the end of each session.  

Bruce Jones (bruce_e_jones@yahoo.com) is an enthusiast of all games. His latest passion is Texas Hold’em Poker. Bruce has previously taught backgammon at the College for Seniors.

Yoga for Healthy Backs  
CRN # 10057  
6 weeks: Jan. 9, 23, 30, Feb. 6, 13, 20  
(No class on Jan. 16)  
Mondays, 11:30 am-1:30 pm  
If you experience occasional aches or chronic back pain, get back in action with Bluebird Yoga for Healthy Backs. Practice therapeutic postures, breathing techniques, self-massage and energy medicine to develop core abdominal strength for back support. Improve posture and balance, renew energy, and alleviate pain. Gain life-long tools for overall well-being and keep your back strong for graceful, active aging.  

Due to topic popularity, you may take only one yoga course per term.  
Ann Mundy (ann@bluebirdyoga.net) has studied yoga since 1970. Healing a traumatic injury, she developed Bluebird Yoga -- a therapeutic practice for healthy backs. She is also an award-winning television documentary producer-director.

Yoga for the Second Fifty Years  
CRN # 10067  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Fridays, 9-11 am  
Focusing on preparatory stretches and strengthening poses that build confidence, improve coordination, and develop a sense of inner peace, move at your own speed to learn more about yoga and about yourself. This class is designed for those with little or no experience with yoga and those resurrecting from patterns of inactivity or from injury.  

Cost of Materials: Yoga mat, about $20.  
Due to topic popularity, you may take only one yoga course per term.  
Charles Jansen (cjansen@mtsu.edu) holds certification from the Southern Institute for Yoga Instructors with a focus on iyengar methods.
A Pisgah View

Recently Civic Ventures, a nonprofit “think tank on boomers, work and social purpose,” announced the winners of the 2011 Purpose Prize, “the nation’s only large-scale investment in people over 60 who are combining their passion and experience for social good. The Prize awards up to $100,000 each to five people in encore careers creating new ways to solve tough social problems.” The winning ideas ranged from a homemaker’s creation of an inexpensive, fuel-efficient cookstove designed to make life easier and safer in developing Latin American countries to the efforts of a social entrepreneur to raise millions of dollars to support economic revitalization in Detroit. Marc Freedman, the founder and CEO of Civic Ventures, has said that “The story of The Purpose Prize is about upending conventional wisdom, beginning with the idea that an older nation means an inevitable period of declining innovation, entrepreneurship and creativity. Prize winners and fellows refute that notion every day.”

Here in Western North Carolina, Becky Anderson in 2007 was named a Purpose Prize fellow, to celebrate and support her work with HandMade in America, an organization that “uses the arts and culture to drive regional and civic development.” Anderson founded HandMade in America in 1994, and since then the organization has generated millions of dollars in craft revenue and has been able to create public and private partnerships and direct the energy of hundreds of volunteers to promote economic development in our region. Becky has been a frequent presenter to our Leadership Asheville Seniors programs, and this year LAS participants heard from HandMade’s Judi Jetson, the director of the nonprofit’s Small Towns Program that “applies community-driven methods for rejuvenating the physical and civic infrastructure of a community by utilizing an asset-based planning approach in WNC’s small towns.”

Timothy Wills was a Purpose Prize Winner in 2009 for his work raising $1.5 million to bring high speed internet to Rutherford County in Western North Carolina. He created the nonprofit Foothills Connect Business and Technology Center and the website Farmer’s Fresh Market. He used his experience in the telecommunications industry to envision the ways that broadband connections could be used to train former textile workers in sustainable farming techniques and the ways that a 21st century website could connect these new farmers to Charlotte area restaurant owners who wanted local food. Wills says, “Had this job not found me at this particular point in my life, I don’t think I would have been successful at it at an earlier age.” As another Prize winner says, “Being an entrepreneur was very exciting to me. Being a social entrepreneur is a thousand fold more fulfilling.” Instead of seeing retirement as a time to slow down and disengage, Purpose Prize winners illustrate the ways that “encore careers” lead to fulfillment of life’s purpose.

Although many baby boomers say that they hope to volunteer in retirement, they have not, throughout the course of their lives, tended to be engaged in their communities in the same numbers that their parents and members of the “Greatest Generation” were. Authors of a MetLife Foundation and Harvard School of Public Health study, Reinventing Aging: Baby Boomers and Civic Engagement, note that “By every measure of engagement one can think of, [baby boomers] do less [than the generational cohorts that preceded them]: they vote less, read newspapers less, are less apt to join churches or civic organizations.” As the sociologist Robert Putnam famously observed, boomers “go bowling more than their parents did, but they do not join bowling leagues—instead, they bowl alone.” The study’s authors also note that that the boomers “personal stake in social engagement has to be understood by them, and by society at large, as far more profound than amusement or diversion. Indeed, for many, their physical and emotional well-being may be strongly influenced by their ability to stay connected and to connect in new ways to the community around them, especially as they disengage from work and family-based caregiving. However, what might well sell them on, and engage them in, such service is the appeal of the mission of such enterprises, the recognized social need addressed, coupled with the realization that such service might also be in their own interest.”

This fall, I had the privilege to be a participant in the Center’s oldest program, Leadership Asheville Seniors, which has been engaging older adults in Western North Carolina since 1987. As a relative newcomer to the community, I benefited from the opportunity to learn about Ashevile’s needs and strengths, to marvel at the many beautiful sites we had the privilege to visit, and to appreciate first-hand the work of my colleague Michelle Rogers, the program director who manages to keep all of the presenters on time and all of the participants on point.

As director for the Center, I found myself wondering how we could even more effectively harness the clear passion and intelligence of the program’s participants. LAS leaders have been working to make a difference in the Asheville community and to strengthen participants’ ties to the Center for Creative Retirement as a place which provides purpose and fellowship. One afternoon I found myself envisioning a member of the Center for Creative Retirement recognized as a Purpose Prize fellow. We don’t have to receive national recognition in order to celebrate the innovation, creativity, and compassion our members display every day and to recognize that the leaders and participants of the Center for Creative Retirement have been upending conventional wisdom about aging and retirement since 1988. But I won’t be surprised if I see a press release from Civic Ventures about a Center member celebrated as a Purpose Prize Winner.

Catherine Frank
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