

welcome to
eNAUTILUS news March 2009

NEWS from the North Carolina Center for Creative Retirement

This newsletter is also available at <http://www.unca.edu/ncccr/newsletter/index.htm>
Additionally, a print version of this newsletter will be available at the Reuter Center.

In this issue of eNautilus learn more about:

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Rites of Spring Party

Join us to celebrate the first day of Spring this **Friday, March 20, 4-6 pm**. Wear bright colors, enjoy live music, wine and hors d'oeuvres, and best of all—fun and fellowship with other Center members. This party is hosted by the Center's Membership committee.

Spring Food Drive to Benefit MANNA Food Bank

Bring in five pounds of food for our spring food drive, which runs **March 23-April 3**. A group of Center members called the Stone Soup Group is hosting its second food drive to benefit MANNA Food Bank, in an effort to end hunger in Western North Carolina. Now more than ever, the food bank's shelves are empty and we need your help to raise our goal of 3000 meals. Fill our red collection bins with food that is high in protein such as jars of peanut butter, canned beans or meat, or boxed macaroni and cheese. For a full list of most needed food items, visit a food drive information station at the Reuter Center during the food drive.

New Website Launch – Join the Celebration!

The NC Center for Creative Retirement (NCCCR) has launched a new and improved website to enhance your online experience. Check it out at: www.unca.edu/ncccr. Discover the website's new features, including a cleaner overall look, more logical navigation system, and attention to the needs of both current and potential users. Join us at the **Launch Party at 1:30 on Friday, March 27, in the Chestnut Ridge Room** to thank the members of the Electronic Media Subcommittee who have made this new website possible and to have a shot at winning – **The NCCCR Puzzle Challenge!**

There are twelve highlighted words scrambled and embedded in either the left or right margins of various pages of the new website. Your job is to find these twelve words, unscramble them, and answer the question that they form in twelve words or less. Your answer can be in text format, you can write a poem, or even a haiku...let your imagination run wild! Write your name, phone number and/or email address on a piece of paper together with your descrambled question and answer to the puzzle and drop it in the boxes provided on each floor of the center. Deadline for entries is Wednesday, March 25th. **Win!** At the Launch Party we will draw the names of ten lucky winners who will each receive a \$10.00 gift certificate to purchase food and/or drink at the Reuter Café. **Be published!** A sampling of the best answers received in our Puzzle Challenge will be published in the April **eNautilus**.

TGIF Lunches

Members and guests are invited to socialize while they enjoy stimulating presentations and dynamic questions-and-answer sessions. Purchase lunch in our Reuter Café or bring your own brown bag. Come on **Fridays at 11:45 am**.

► March 20

Asheville Climate Initiative: Science & Business

Asheville, North Carolina has a unique opportunity to lead the way for the future of climate change research and application in the United States. Several key players in the climate community are located here in Western North Carolina along with the community support and vision it will take to succeed. Learn from **Gregory S. Wilson**, director of Asheville operations for Scientific Research Corporation about the players and what they are doing.

► March 27

Afghanistan – The Graveyard of Empires

Lieutenant Colonel **Robert Kieffer, MD** combat surgeon for the 82nd airborne, spent a tour of duty in Afghanistan (December 07-March 08), at a base on the Pakistan border. Now returned to his “day job”— Chief of Vascular Surgery at the Asheville VA Medical Center, he shares the most striking aspect of Afghanistan – the historical complexities of invading a country with such difficult terrain. Dr. Kieffer comments on training for deployment, ethical considerations, our military command, Al Qaeda, and the nature of war. Be aware that his slides contain photographs of combat injuries from his medical experience in both Iraq and Afghanistan.

Health Education Series

► March 24

Drug Interactions & Related Internet Sites

David Mouw, MD, PhD, board certified in family practice and geriatrics, will present how drug actions and undesirable drug side effects can be triggered by other drugs, foods, and our aging organs. Learn about drugs an older population may want to avoid taking. Review sources of information on the drugs you take, their side effects and interactions, including materials provided by your pharmacist and reliable Internet sites.

► March 31

Integrative Medicine, Biotechnology & Business in Asheville

Cheryl McMurry, director of Western Region for the NC Biotechnology Center at The Bent Creek Institute, discusses the productive partnerships in research, medical care, and product development which bring international attention to this region's unparalleled plant biodiversity. Learn how natural biotechnology and integrative medicine industries may benefit you.

Go Head to Head with Today's Teens

The Center for Creative Retirement is again partnering with Early College of Buncombe County Schools to provide a unique educational opportunity for Center members and exceptional high school students. The free, six-session, intergenerational class focuses on Rites of Passage, exploring the myths, half-truths and realities of coming of age in America. The series underscores that becoming an adult means more than driving a car, voting or being able to buy alcohol. These fun, fast paced and highly interactive sessions will examine the true psychological, emotional and social aspects of what it means to really “grow up!” The class begins **March 19** from 10:20 am - 12:20 pm at the Reuter Center. To sign up and get details, contact course facilitator John Curtis at 828-246-0459 or jcurtis@iodinc.com.

College for Seniors Information

If you find that you cannot attend a course for which you have registered, please *officially* drop the course with Janice Banks at 828-251-6140. If you are hoping to add a class, contact Janice during the first week of classes. Please check the bulletin boards and *eNautilus* for College for Seniors information as we are discontinuing printed class announcements.

Help Us Spread the Word

We'd like to put your friends and neighbors on our mailing list so they can receive the quarterly catalog and, perhaps, become involved in activities at the Reuter Center. Please give Janice Banks names and addresses when you are at the Reuter Center, or by phone 828-251-6140 or jbanks@unca.edu

Do You View our Catalog Online?

If you view our catalog online and don't want or need to receive a printed version, would you consider taking yourself off our quarterly catalog mailing list? In an effort to decrease catalog printing and mailing costs, and waste, you may remove yourself from our catalog mailing list by sending your request along with your first and last name and mailing address to ncccr@unca.edu. If you change your mind, you can email us again to let us know. Thank you for helping the Center cut costs and reduce waste!

Artists and Writers Quarterly

You, too, could be featured in the *Artists and Writers Quarterly* but, in order to do that, you would need to submit your work. Writers (fiction, non-fiction, poetry), photographers, artists (painters, sculptors, ceramicists, potters, weavers, et.al.) are invited to view the website www.unca.edu/ncccr then go to Artists and Writers Quarterly on the right to see past entries chosen for online publication, future deadlines, guidelines and entry forms.

Reuter Center Singers

Now is the time to do one of two things:

EITHER: Attend the next Monday evening rehearsal of the Reuter Center Singers at the Reuter Center beginning at 6:15 on Monday night. Raise your voice in song, have fun, and make friends as choir members prepare for a "Something for Everyone" spring concert...

OR: Put the **3 pm, Sunday, April 26** concert on your calendar so you can plan to attend! It's being held at the Reuter

Center and we guarantee there'll be SOMETHING you love on the program. Look for details in the next newsletter, but here's a clue: think Ethel Merman or Patti Lupone! Information: Lynda at 828-318-7892 or lyndafeldman@gmail.com

Get Involved! Volunteer News

One of the special reasons for the ongoing success of the NCCCR is the extensive involvement of our members, creating a unique community. Over 400 members currently volunteer their enthusiasm and expertise at the Center, working in conjunction with 10 permanent staff members. In an effort to recognize volunteer efforts and to inform our members of volunteer needs, we present the Volunteer News section of the eNautilus. If you would like to get involved and wonder how to do so, please contact **Volunteer Coordinator Michelle Rogers at 250-3871 or mrogers@unca.edu** .

As the Center commences its spring College for Seniors term, many members enjoy the special, intentionally participatory format of a learning circle class. Center member **Darlene Colmar**, a member of the Small Group Learning subcommittee, helps individuals learn how to conduct learning circles and other types of engaging discussions.

A retired educator who conducted peer programs in public schools for 24 years, Darlene says “helping people of the same age help each other is my passion, and it’s the same way here at the Reuter Center. That’s why I love learning circles so much.” She adds that learning circles bring new insights and sharing to participants. “Most of us have had lectures, or teacher-led question and answer discussions, but with a *true* discussion, the facilitator’s role is to give all participants floor time, and not let any one person dominate. The facilitator is like the conductor of an orchestra—telling one section to tone down, encouraging another to get louder, so that all notes can join together to be heard.” Even experienced educators can learn for the first time to facilitate or participate in a facilitated discussion which, as Darlene points out, is a helpful life skill that can broaden their perspective and help with social settings, board meetings, and other group discussions.

Darlene remembers one of the first classes she took in College for Seniors—a learning circle taught by Perien Gray and Carl Ricciardelli. The fact that she is now collaborating with Perien and Carl and teaching these kinds of classes is very rewarding. “I get back more than I give,” she says. The last Facilitating Discussion class yielded five instructors offering courses, four of whom had not taught before. This is the most tangible kind of reward for Darlene and her fellow Small Group Learning subcommittee members, and we extend our gratitude to them for their great work.

Check out these NEW OPPORTUNITIES to get involved:

If you would like more information, please contact volunteer coordinator Michelle Rogers at 828-250-3871 or mrogers@unca.edu.

The Center is starting a new Guest Speaker Series, and a subcommittee has been formed to help plan that series. The **Guest Speaker Series Subcommittee** seeks 4-5 members to help develop and implement the program by brainstorming potential topics and speakers, and helping plan and publicize the series. For more information, please contact Nelson Sobel at 255-0473 or nsobel@charter.net .

Want to help keep Center members engaged, and recognize Center members for their involvement? The **Member Involvement Subcommittee** seeks two members to brainstorm and implement ways to keep members involved at the Center. We will have fun and be creative! We will meet every other month or so. Please contact Michelle Rogers at 250-3871 or mrogers@unca.edu for more information.

For a complete list of volunteer opportunities, please see any Reuter Center bulletin board or stop by Michelle’s desk in the office. **GET INVOLVED** -- There’s something for everyone!

ABOUT THIS NEWSLETTER

eNAUTILUS is the monthly newsletter of the North Carolina Center for Creative Retirement
Please submit questions or suggestions about eNAUTILUS to Denise Snodgrass, snodgras@unca.edu

For membership or other information, you may contact the North Carolina Center for Creative Retirement:
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IF YOU WISH TO BE REMOVED from the eNAUTILUS mailing list or to CHANGE YOUR E-MAIL ADDRESS, contact us at ncccr@unca.edu. Please be sure to include your name and current e-mail address in your post.

The **North Carolina Center for Creative Retirement** is a community of learners of all ages and an integral part of the **University of North Carolina Asheville** since 1988. At the Center for Creative Retirement, we support life-long learning through a variety of non-credit programs and workshops. For links and more information, visit the web site: www.unca.edu/ncccr