

welcome to
eNAUTILUS events October 2009

October-at-a-Glance from the North Carolina Center for Creative Retirement

This newsletter is also available at <http://www.unca.edu/ncccr/membership/enautilus.html>
Additionally, a print version of this newsletter is available at the Reuter Center.

This issue of *eNautilus events* gives a glance at the Reuter Center's October happenings as well as the SIG activities for the month. Look for *eNautilus news* in mid-October. Events take place at the Reuter Center unless otherwise indicated.

October-at-a-Glance

- 1 - Apple Affair Fall Membership Party
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- 6 - Brown Bag Book Talk at UNC Asheville Ramsey Library
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- 16 - Fabulous Friday Lunch Lecture
- 16 - Medicare Information Session
- 16 - Symphony Talk with Daniel Meyer
- 22 - Brown Bag Book Talk at UNC Asheville Ramsey Library
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- 29 - Health Care Reform Lecture
- 30 - Fabulous Friday Lunch Lecture
- 30 - CFS Faculty Appreciation Party

Event Details

An Apple Affair: Celebrate autumn with your Reuter Center friends at the Apple Affair **this Thursday, October 1, 3:30-5:30 pm**. Our fall membership event will include refreshments and socializing. *Bring an apple dish* if you wish, and enter our free giveaway for an apple-themed prize!

Astronomy Club of Asheville: Meets the 1st Thursday of each month. We welcome Reuter Center members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Club membership is free.

Fabulous Friday Lunch Lecture: Friday, October 2, 11:30 am-1 pm—United Arab Emirates Today. Dr. Larry Wilson, former UNC Asheville Vice Chancellor for Academic Affairs and 1996 Interim Chancellor, will share his experiences in the United Arab Emirates. Dr. Wilson served as a consultant to design and create a new university for Emirati women students.

UNC Asheville Jazz Ensemble Concert for MANNA Food Bank

Come kick off NCCCR's fall food drive (October 5-16) with a concert of the UNC Asheville Jazz Ensemble on **Friday, October 2, 2-3 pm** in the Manheimer Room. Bring a food donation for our collection bins, enjoy our talented undergraduates, and stay for refreshments. If you can't make it to the concert, please bring your food donations to the Center October 5-16 to help our WNC neighbors who don't have enough to eat.

Brown Bag Book Talks (with UNC Asheville faculty authors): **Tuesday, October 6, 12:30-1:30 pm in UNC Asheville Ramsey Library's Special Collections section on the upper level**—Mary Lynn Manns, Associate Professor of Management offers lessons from her first book, *Fearless Change: Patterns for Introducing New Ideas* (Addison-Wesley, 2005), and insights on *More Fearless Change*, her second book co-written with Linda Rising.

Asheville Chamber Music Series Lecture: Come on **Thursday, October 8 at 4:15 pm** for a fascinating discussion of the Asheville Chamber Music Series' Pacifica Quartet and their upcoming performance of Haydn, Mendelssohn and Shostakovich.

Fabulous Friday Lunch Lecture: October 9, 11:30 am-1 pm—Focus on Healthy Eyes. Dr. Katherine Volatile discusses how to maintain healthy eyes with information about diet, exercise and limiting certain environmental exposures.

Medicare Information Session: Learn about Medicare from trained NC Seniors' Health Insurance Information Program (SHIIP) volunteers. Meet on **Friday, October 9 at 2 pm** for an overview of plans and policies. See below for a hands-on follow up session on October 16.

Candidate Forum: Hear from local candidates at this forum sponsored by the League of Women Voters and NCCCR on **Tuesday, October 13 at 7 pm**.

f/32: NCCCR members are offered free membership in f/32, a club of amateur to advanced photographers who share their work, learn new methods, and keep abreast of the latest industry news and equipment. Meetings are on the 2nd Wednesday of each month at 7 pm. Visit www.f32nc.com

Fabulous Friday Lunch Lecture: October 16, 11:30 am-1 pm—Giving Well: Information and Inspiration. Most of us make financial contributions to the causes we care about. In times that are challenging for both donors and charities, giving wisely takes on new importance. Sheryl Aikman, vice president of development at The Community Foundation of Western North Carolina, together with other staff and donors, shares giving strategies, ways to strengthen the impact of your contributions, and inspiring stories of making a difference.

Medicare Information Session: Learn about Medicare from trained NC Seniors' Health Insurance Information Program (SHIIP) volunteers. **October 16 at 2 pm** in the computer lab to learn how to use internet resources and enroll when you are ready. *Reserve your place with Sybil French at the Council on Aging, 277-8288 since space is limited in our computer lab.*

Symphony Talk with Daniel Meyer: Come to the Symphony Talk for the inside scoop on the Asheville Symphony Orchestra's music, composers and soloists. Music director and conductor Daniel Meyer will speak about Pärt's *Fratres*, as well as works by Bach, Ravel, and Mendelssohn on **Friday, October 16 at 3 pm**.

Brown Bag Book Talks (with UNC Asheville faculty authors): **Thursday, October 22, 12:30-1:30 pm in UNC Asheville Ramsey Library's Special Collections section on the upper level**—Amy Lanou, Assistant Professor of Health and Wellness discusses her latest book, *Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis* (McGraw-Hill, 2009), co-authored with Michael Castleman.

Fabulous Friday Lunch Lecture: October 23, 11:30 am-1 pm—Is Your "BALANCE" Sheet in Order for Your New "PHYSICAL" Year? Ellen Garrison will present an engaging and interactive lecture on comprehensive fitness principles including balance, strength, and flexibility. Components will include attention to your feet during exercise.

Healthcare Reform Lecture: Learn about issues affecting your health insurance at this informative lecture and question/answer session, coordinated by UNCA and NCCCR's Health and Wellness committee on **Thursday, October 29 at 4:30 pm**.

Fabulous Friday Lunch Lecture: October 30, 11:30 am-1 pm—It's Never Too Late to Write. Joan Medlicott, author of the nine-book *Ladies of Covington* series, began her writing career at age 60. Joan will walk through the process: finishing a manuscript, writing a query letter, choosing an agent, working with an editor, and expectations of a published author.

CFS Faculty Appreciation Party: Celebrate the work of our fabulous CFS faculty on **Friday, October 30 at 3 pm**. Come make mischief with us. Halloween costumes or dark clothing (so you can't be seen at night) is optional. Please drop off your sign-up sheet before October 16. Sign up sheets are available in the office.

SIG News

Mac Users - The next meeting will be on **Friday, October 2, at 1:30 pm** in room 206. Our topic will be Snow Leopard, the new upgrade to the Mac operating system. Our next meeting will be **November 6**, when we'll discuss backing up. Information: Carol Taylor, carol.taylor100@yahoo.com or 628-3506.

Reuter Center Rollers - We bowl at AMC Star Lanes on Kenilworth **every Monday**. A 10 minute practice begins at **1:20 pm**. Shoes and balls are free for your use. \$7 for 3 games. No obligation - just come when you want! For more info: lifebegins70001@yahoo.com or call Jan Guichard at 253-8776.

EQUATE - The Math Equation Thinking Game. Don't let the word "equation" scare you. The game is arithmetic. Just variations of $1 + 1 = 2$. Give it a try. We meet every Friday 2-4 pm. Information: Jacob Cohen, 691-0320 or jacobcohen@charter.net

Bridge Buddies - We meet every **Wednesday from 2:15-5 pm**. Intermediate and above players are welcome. Call Debra Spencer for more information: 650-0311 or debraspencer10@yahoo.com.

Book Review – The October meeting will convene from **1:30 to 3 pm on October 9, 2009**. Sallie Hightower will lead a discussion of Nordic crime fiction as a separate style from the English language mystery genre. Sallie invites attendees to send or bring names of their favorite crime fiction writers from the Nordic countries (Scandinavia plus Finland, Iceland and the Faeroe Islands) in advance or to the session. If you have questions or want your favorite writers included in a handout, send them to Jack Ingersoll at jingers1@charter.net.

Meditation – Please make a note that this SIG has been **cancelled**.

Men's Wisdom Works is a proposed new SIG. MWW provides opportunities for men to deal with issues of transition. We will select a nonprofit for which we can contribute the talents of SIG members. At subsequent SIG meetings we will discuss issues of personal transition issues. After all, men do not easily disclose in touchy feely sessions. The members will develop the confidence to deal with issues of transition through the work we perform in a peer group setting. If interested please attend our organizational meeting in on **Friday, October 2nd at 2 pm**. For more information contact Chuck Fink, charlesfink1@gmail.com or 713-2112.

Other News

Progress on the search for a new Director for the North Carolina Center for Creative Retirement: The search committee for the Executive Director of NCCCR has been named. The members are: Barry Mundt, immediate past president Center Steering Council; Sheila Murphy, president Center Steering Council; Michelle Rogers, NCCCR Volunteer Coordinator/ LAS Director; Shirley Browning, UNC Asheville Economics Professor; Janet Cone, UNC Asheville Director Athletics/Health and Wellness; Al Whitesides, former Chair UNC Asheville Trustees; Co-chair Pat Smith, UNC Asheville Trustee; Co-chair Cissie Stevens, Interim Director NCCCR; Jonalyn Crite, Human Resources representative and staff to the committee.

The job description has been posted on the university's web site <https://careers.unca.edu/> and click "search vacancies". Applications will be accepted until October 15.

ABOUT THIS NEWSLETTER

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

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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