

welcome to
eNAUTILUS October 2009

NEWS from the North Carolina Center for Creative Retirement

This newsletter is also available at <http://www.unca.edu/ncccr/membership/enutilus.html>

Additionally, a print version of this newsletter will be available at the Reuter Center.

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Calling for NCCCR Baby Boomers

If you have done international travel within the last 12 months and would like to participate in an online questionnaire please read on. Your responses will assist Jill Near, a master's graduate student at East Carolina University in the Recreation and Leisure Studies Department. If you are willing, we will send her a list of your email addresses so that she can contact you with the questionnaire and reach her goal of 200 completed questionnaires for a master's thesis on innovation in international travel. She has no affiliation to any business and any information provided by you will be used only for her studies. If you are interested in participating please send Cissie Stevens, istevens@unca.edu, your email address.

Reuter Center Singers

It's not too late to have fun singing with the Reuter Center Singers, who rehearse on Mondays from 6:15-8:15 pm. The group, which welcomes new voices, is busy preparing patriotic songs for a Veterans Day performance at Arden Woods, and a Requiem and Gershwin medley for the November 15 concert in the Manheimer Room. Later in the season, we plan to share Christmas music at Biltmore House and the Reuter Center--so come, join the fun!

Many Thanks for Helping Us Go Green!

Kudos to those who are doing their part in helping our planet--and our Center's budget! Because of our members' cooperation, we are no longer purchasing paper cups that cost \$1400 per year and wound up in our landfill. So pat yourselves on your backs and go have another cup of coffee with your reusable mugs!

SIG Reminder

Here's a friendly reminder about Special Interest Group (SIG) and rules and regulations. One must be a current NCCCR member in order to participate in a SIG. Those who have been NCCCR members in the past, but have not renewed for the 2009-10 membership year, will need to stop by the office to do so before attending future SIG meetings. SIG's are just one benefit of membership at the Center. Other benefits include access to great programs, lectures and events, UNCA campus parking permit, access to the University Library and University ID card (OneCard). Stop in and sign up!

Reuter Café

Have you visited the Reuter Cafe recently? It is open early so if you have a 9 am class, you can stop first for coffee or do it at the class break. We've ordered items for the menu that we think you will enjoy, at reasonable prices. In order to keep the Cafe open, we need you to avail yourself of the service often enough to cover the costs of keeping it running. So please--the next time you're at the Reuter Center, stop in and give it a try. If you have any comments, suggestions, or good ideas, write them down and leave them with Leanna Preston in the office. We encourage you to take an active part in keeping the Café open.

Artists & Writers Quarterly

Artists and writers of all genres are invited to submit their work for consideration for the online publication of the Artists and Writers Quarterly. Guidelines may be found on the NCCCR website. Check out the current winners! The deadline is **November 30**.

Fabulous Friday Lunches Continue

Fabulous Friday Lunches continue for the fall on **Friday, October 16** with *Giving Well: Information and Inspiration*; on **Friday, October 23** with *Is Your "BALANCE" Sheet in Order for Your New "PHYSICAL" Year?* Buy your lunch at the Reuter Café or bring your own and enjoy this opportunity for fellowship and learning. Enjoy "Fab Friday" Lunches each Friday, 11:30 am-1 pm through November 13.

"Little Rock Nine" Speaker at October 30 Fab Friday Lunch Lecture

NCCCR is delighted to announce Ms. Minnijean Brown Trickey, one of the famous "Little Rock Nine" who integrated Little Rock's Central High School in 1957, as the guest speaker for the October 30 Fab Friday lunch and learn lecture. Recipient of the Congressional Medal of Freedom, Minnijean Brown Trickey played a major role in the expansion of civil rights in America. She is one of our genuine heroes, especially for what she endured in a very hostile school environment when she was but a young girl. We think it's an honor indeed to welcome this very special guest to the Reuter Center. Don't miss this significant event on **October 30, 11:30am-1pm** in the Manheimer Room.

Galilean Nights

Reuter Center members are invited to view celestial objects through the Astronomy Club of Asheville's telescopes on UNC Asheville's quad. The event is **Friday and Saturday evenings, October 23 and 24**. Viewing begins at 7:45 pm each evening and includes an opportunity to see the planets Uranus, Neptune, Jupiter and its moons, several star clusters, colorful binary stars and the beautiful Andromeda galaxy (2½ million light years distant). This event is scheduled for both evenings weather permitting (no rain, cloud cover or strong winds). The event is part of the year-long celebration of *2009: The International Year of Astronomy* which celebrates the 400th anniversary of Galileo turning his telescope to the night skies and beginning his discovery of the rings and moons of Saturn and Jupiter.

Open House

Reuter Center next door neighbors, University Terrace Condos, would like to show off! They've planned an open house just for NCCCR members with tours of the facility, condo information, and wine & appetizers. Mark your calendar for **Wednesday, October 28, 4 pm – 6 pm** at 40 Hyannis Drive.

Understanding Healthcare Reform 2009

Come to "Understanding Healthcare Reform 2009" at the Reuter Center on **Thursday, October 29, 4:30-6:30 pm** in the Manheimer Room, sponsored by NCCCR, UNC Asheville Department of Health and Wellness, Leadership Asheville Forum and Health Partners. This intergenerational forum will provide information on current health care reform legislation to the general public. Hear about the history of our current health care system, Receive an update on the status of health care reform legislation and how it will affect US citizens and providers. A panel of representatives from the Asheville community including consumers, physicians, hospitals, and the insurance companies will identify proposed changes in health care policies and discuss implications for their different stake-holder groups. Afterwards, panelists will field pre-submitted questions from moderator David Hurand of radio station WCQS, on topics including health care costs, the insurance industry, implications for prevention and quality of care, and universal coverage. Then panelists will welcome written questions from the audience. Following the event, NCCCR will host a dialogue series for three consecutive **Thursdays, November 5, November 12, and November 19, 4:30-6:30 pm**. This dialogue series offers an opportunity for community members to discuss their opinions, brainstorm ideas, and seek to create viable solutions to contribute to health care reform. For more information, call Leanna Preston at 828-232-5181.

College for Seniors Faculty Appreciation Party

Come join us in celebrating our wonderful instructors who have graciously given their time and expertise for our benefit. Costumes (if you are so inclined) welcomed. Show your appreciation and join the fun on **Friday, October 30, 3-5 pm** in the Manheimer Room.

Want More Information on UNC Asheville Activities?

Go to <http://www.unca.edu/calendar/> and subscribe (on the left-hand column) to have event information emailed to you. Each month we will list one or more events going on here on UNC Asheville campus in the *eNautilus events* newsletter which is distributed the last weekday of the month.

In Memory

We recently lost one of our long time members, John Berdie. Our deepest sympathy goes out to his wife Shirley and all of his family.

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 I was leaving the office at 5:15 a few days ago, in came NCCCR member **Kathy Tempelaar-Lietz**, followed by six new members of the College for Seniors Curriculum Committee. Kathy, who co-chairs the Curriculum Committee, was giving them an orientation and tour, explaining their duties and showing them where to find materials to conduct the business of reviewing and processing CFS course proposals. Kathy is a familiar face in this office, as she has volunteered for years in various roles: providing front desk coverage when Janice is out, "bean counting" for CFS by tallying course evaluations and compiling feedback, working on NCCCR member retention and administrative reviews, leading to her current role with the hard-working Curriculum Committee.

Kathy is known as diligent, focused and extremely organized. She thinks of great, doable ideas to help our organization run more smoothly and in a more 'customer (member)-friendly' manner.

"Let me tell you," raves CFS director Susan Poole, "that woman is *detailed*. She keeps [CFS committee members] all on our toes and on the same page, and makes sure we have the most current information we need in order to do our committee work efficiently and as scheduled. It's like herding cats and she herds us beautifully!"

Kathy once told me that it took her awhile to try different avenues of involvement at the Center, before finding her niche with the CFS curriculum committee. I admire the fact that she dabbled along the way; in doing so, she gained a thorough understanding of the inner workings of our organization, and she has touched many of our lives—staff and other Center members—along the way, with her kind and caring demeanor. If you see Kathy, please extend your gratitude for all the work she does for our Center and programs.
--Michelle Rogers, volunteer coordinator

Check out these NEW OPPORTUNITIES to get involved:

The ***Celebrating Life in the Mountains Series subcommittee*** needs a new member to help brainstorm ideas for lectures, plan and publicize the event. This new series offers quarterly guest lecture events to draw members and the general public to the Center. Join this fun group of people as they bring exciting programs to the Center! Contact Nelson Sobel, subcommittee chair at nsobel@charter.net or 255-0473 for more information or to express your interest.

The membership committee is creating a new **SIG (Special Interest Group) Subcommittee** to handle the business of fielding SIG proposals, approval, and support. Duties were formerly assigned to one SIG coordinator but now, because we have so many wonderful SIGs, require the support of a handful of members. Contact Michelle Rogers at 250-3871 or mrogers@unca.edu for more information and further explanation of duties.

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

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

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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

