

welcome to

eNAUTILUS news April 2009

NEWS 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 will be available at the Reuter Center.

In this issue of *eNautilus* learn more about:

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And the Winners Are...

Did you miss our website launch party on March 27? Over the course of several years the Electronic Media Subcommittee devoted time, energy, and skills to developing a new website (www.unca.edu/ncccr/) that improves communication among the membership and provides better information to the general public. As part of the celebration party on March 27, we announced the five winners of the website puzzle challenge: *What does the North Carolina Center for Creative Retirement mean to me?* Here are the winners and their entries...

Barry Mundt: We are a great community of learners, encompassing learning, leadership, service and research. The opportunities are open to everyone ...

Marty Gillen: My earning years may be over, but my learning years continue.

Dick Murray: It helps me solve the puzzles of retirement.

Christy Gunther: Learning, growing, being intellectually stimulated, meeting new people, socializing, and having fun!

Carl Cochrane: It gives me the opportunity to learn new skills, study subjects that I was not able to study in college, expand my mind, and associate with new and wonderful people.

We appreciate your feedback regarding the website, so if you have comments, corrections, or suggestions, please send them to Bill Cosgrove at billcosgrove@charter.net

Paths to Creative Retirement Workshop

We are very excited about our April session of the Paths to Creative Retirement Workshop on **April 17-19**. We have 28 people coming from 13 different states!

NCCCR Volunteer Week

Our Center's unique and stimulating programs and activities are possible, in large part, through the hard work and talents of our outstanding member-volunteers. Join us as we celebrate the efforts of these volunteers next week, April 20-24, which is also National Volunteer Week. Stop by the table outside the office to add to our bulletin board display the names of those – yourself included – who contribute. This is one way to say "thank you" to the 400+ people who help to keep NCCCR an important part of our lives.

CFS Faculty Appreciation Party

Don't forget the Faculty Appreciation Party on **Friday, April 24, 3-5 pm** to honor our wonderful College for Seniors faculty. Come out, enjoy wine and goodies, and show your support for our terrific instructors! The party will be held in the Chestnut Ridge Room. *Due to the lack of classes being held over the week of April 13th, we have extended the RSVP date to April 20th.* Contact Janice Banks at 251-6140 or jbanks@unca.edu to RSVP.

Wild Bunch Presentation

The Wild Bunch SIG cordially invites all members of the Reuter Center to attend the presentation "Making Dollars and Sense of Home Energy Conservation: A Homeowner's Guide to the Economic Stimulus Package" by Marcus Renner of Conservation Pros on **Tuesday, April 28, 7-8:15 pm** in Reuter Center room 102A. Interested in saving money on home energy usage? It's good for you and good for the environment! Come hear our speaker for a presentation and then a Q&A session. Renewable energy such as solar and wind power, and state incentives for saving energy will also be covered.

Y'all Come! Coming Again on May 11th

If you have a passion for a subject you think would make a good College for Seniors course, please join us at an informal social and "idea exchange" event on **Monday, May 11 from 4:45-6 pm** in Reuter Center room 102B.

Y'all Come! helps prospective (or new) instructors by creating a focused opportunity to meet with experienced CFS curriculum planners, exchange ideas for new course topics, get advice on course proposal preparation, and related matters. *Y'all Come!* is sponsored by our CFS Faculty Development Subcommittee in collaboration with the Curriculum Subcommittee. Refreshments served! Please RSVP to Anne Mock, 828-251-6044 or amock@unca.edu. *ALSO, do YOU KNOW someone who might make a good instructor? If so, please tell THEM about Y'all Come.*

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**.

▶ **April 24: Feel the Fear and Do It Anyway: A Primer on Public Speakin—THIS TGIF HAS BEEN CANCELLED**

▶ **May 1: Music of Erik Satie**—Erik Satie's music represents a bold challenge to the traditional conventions of classical music. Its haunting simplicity and frequently sarcastic jabs at the Romanticism of his day provide a valuable insight into the music of the future (e.g. 20th century modernism). **Seamus McNerney**, lecturer in UNCA's Humanities Program, plays and discusses several unorthodox compositions during this lecture/recital. Mr. McNerney's repertoire spans Handel to Mussorgsky, Schoenberg to contemporary jazz.

Health Education Series

▶ **April 21 The Bionic (Wo)Man Reaches Medicare—Dr. James C. Karegeannes, MD**, from Blue Ridge Bone & Joint Clinic, will discuss hip and knee injuries and replacements in the "Golden Years."

▶ **April 28 "Could You Please Repeat That?"—Dr. Cynthia Earle**, audiologist, will explain hearing: how we hear, why we may have hearing loss, how hearing loss affects us, others, and our relationships, and how we can treat hearing loss.

Mouw's Drug Interaction Slides Available

The self explanatory slides from Dave Mouw's lecture of 3/24/09, "Drug Interactions and Best Medical Sites on the Internet" are available as a link at his instructor web page at the NCCCR website: www.unca.edu/ncccr/

Artists and Writers Quarterly

A&WQ - May 31 is the deadline for entries for the spring quarter of 2009. Writers, photographers and artists are invited to submit their entries for consideration. For more info, go to www.unca.edu/ncccr/ then click on Artists and Writers Quarterly on the right.

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** .

This month we recognize **ALL Center volunteers**—those who help with everything from the facility to finance, from College for Seniors classes to CREW, from SIGs to the Support Team and so on. The list is endless. Our Center would not operate and offer extensive classes, programs and activities without the fun, enthusiastic, creative, diligent efforts of

all who contribute their time and energy. If you've helped us in the past or present, please give yourself a pat on the back and stop by the table outside the office next week to participate in **NCCCR Volunteer Week** (see story, above). If you'd like to learn more about how to join this dedicated, dynamic group of volunteers, please contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu. No Contribution is too great or too small.

Check out these NEW OPPORTUNITIES to get involved:

Do you know senior citizens who need accurate and objective information about Medicare and other insurance issues? Would you like to help the seniors in our community with an issue that is often confusing and intimidating? Are you sensitive to the needs of others, and do you care about the elderly in our community? If you answered yes to these questions, SHIP needs you. The **Seniors' Health Insurance Information Program** is conducted by volunteers throughout North Carolina with the support of the NC Department of Insurance and locally by the Council on Aging. This is an NCCCR project through its Community Education Committee; please contact Coryn Harris at CorynH@coabc.org or 277-8288 for more information.

The **Community Education Committee** needs members to help brainstorm and review opportunities to connect the Center with the greater community. Connections may be education- or outreach-oriented. For example, this Committee oversees projects such as Support Teams (which provides one on one practical support to members in need), computer literacy courses for underserved seniors, and Reuter Center food drives, to name a few. The Committee also oversees the Center's Blue Ridge Naturalist and Leadership Asheville Seniors education programs. For more information, please contact Doug Williams, committee chair, at dwilliams2@gmail.com or 335-1005

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:
Reuter Center, CPO # 5000
University of North Carolina Asheville (UNCA)
One University Heights
Asheville, NC 28804-8516

Phone: (828) 251-6140
Web site: www.unca.edu/ncccr

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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