

welcome to
eNAUTILUS September 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.

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Bring a Friend to School

Guest passes which allow you to bring a guest to *one class* at the Reuter Center will begin the week of October 5 for all those classes that start the week of September 21. For those classes that start later, you may bring a guest after the first two weeks of the course. Stop by the front desk to pick up your pass at least one day before you plan on bringing your guest. And while your guest is at the Reuter Center, be sure to give a tour of our wonderful building and facilities!

Don't Forget

To bring your travel mugs (with lids) with you if you wish to use the coffee bar. After the first week of classes, all remaining ceramic mugs will be donated to charity. This is our effort to "Go Green" and not purchase disposable cups. Your travel mugs must have lids to reduce the chance of spills which result in costly carpet cleaning. Please do your part to make the planet a little greener and the Center a little cleaner!

Do You Use Facebook?

If so, we'd love to involve you in planning a course to help our members become more familiar with this great social media tool. The course could be designed as a one-day workshop or a College for Seniors class; we're still in the beginning stages so all input is welcomed. Help our members connect with old friends, high school/college buddies, and most importantly grandchildren. Please contact Susan Poole at 251-6873 if you are interested.

Community Binders

Check out the new items that have been added to the Community Binders outside Room 205 for events going on in and around Asheville. The binders are packed with information!

Dropping Classes

If you decide to drop a class for any reason, please do so officially by calling our front desk, 251-6140. With so many full classes, we'd like to be able to add in those who couldn't enroll during the "official" registration period.

Coming Soon to a Computer Near You...

Be on the lookout for our Annual Member Survey coming in October. Every year we survey our members to gain valuable information that we use to plan courses for College for Seniors, to gauge volunteer interest and involvement, and to take the pulse of our members in other important areas. So stay tuned!

Fabulous Fridays Series Begins with Discussion of Housing Options

➤ If you are considering housing options, don't miss this lecture: our fall Fabulous Fridays lunchtime lecture series begins with **Marcia Tuttle** of the Osher Lifelong Learning Institute at Duke University discussing continuing care communities such as financial and legal requirements, medical and health considerations, differing levels of care and other issues that may affect your decisions. Attend on **Friday, September 25 at 11:30 in the Manheimer Room**. The lecture is free and open to the public so bring your friends!

Special Fall Opportunities for NCCCR members on the UNC Asheville campus

This new feature of our eNautilus each month will give Center members a chance to see what is going on around campus. Here is a sample of what's coming up: **Tuesday, September 22, 12:30-1:30 pm** at UNC Asheville Ramsey Library's Special Collections: **Katherine Min**, Assistant Professor of Literature reads from and discusses her novel-in-progress, *The Fetishist*. Her last novel, *Secondhand World*, was recently published in paperback (Anchor, 2008).

Research Program Offers Intergenerational Experience

UNC Asheville's Undergraduate Research Program (URP) culminates twice a year (fall & spring) in a one-day conference on campus where the students present the results of their research in a wide range of topics including education, literature, environment, management, economics, biology, computer science, history, physics, atmospheric science, and many others. For the past seven years, volunteers from the Center for Creative Retirement have served as moderators at these conferences. The next conference is scheduled for December 1. If you would like to be a moderator at this or future conferences, please contact Center member Howard Jaslow at 254-5541 or innovalg@aol.com.

H1N1 Flu Virus

With the fall term getting underway at NCCCR, UNC Asheville is monitoring the H1N1 flu virus (swine flu) through the Buncombe County Health Center, NC Dept. of Health & Human Services and UNC General Administration. The CDC recommends that those with the flu or flu like symptoms stay home least 24 hours after you no longer have a fever (100 degrees) or signs of a fever. It will also be helpful to know the signs and symptoms of the flu which include fever, cough and/or sore throat. A fever is considered a temperature of 100 degrees or higher. Other possible signs of fever are flushed appearance, sweating or shivering. You may also want to talk to your health care provider about vaccinations.

Reuter Center Singers

It's not too late to raise your voice in song with our very own Reuter Center Singers! Rehearsals are on Monday nights from 6:15 to 8:15 pm in the Manheimer Room on the Reuter Center's lower level. The Singers have an exciting fall season planned. Under the direction of Chuck Taft, they are preparing a program of patriotic music for a Veterans Day performance, a concert later in November at the Reuter Center that will feature a surprisingly comprehensive medley of Gershwin songs, and traditional Christmas music for performance at Candlelight Evenings at Biltmore House. Have fun, mingle with other Reuter Center friends, and enjoy singing with us!

Artists and Writers Quarterly

Mark your calendars. The deadline for submissions to this online publication is November 30th and our judges are ready to review hundreds, possibly thousands, of entries for possible inclusion in the First Quarter 2010 edition. Writers of fiction, nonfiction, poetry and artists of all persuasions to include photographers, ceramicists, weavers, potters, woodworkers and more are invited to participate. Visit: <http://www.unca.edu/ncccr/awq/index.html>

SIG Updates

Look for a complete listing of SIG events in the upcoming *eNautilus events* but please note these changes.

- **Reuter Center Rollers:** (Lane bowling) No commitment so come and try it! Free shoes and balls. Bowl 1, 2, or 3 games @ \$2.50 per game. Every Monday beginning at 1:20 pm. Come out to the bowling alley on Kenilworth Road or contact Jan Guichard, 828-253-8776 or lifebeings70001@yahoo.com.
- **Creative Singles:** Thursday, Sept. 26 at 5:30 pm. The group will meet at O'Charley's on Tunnel Rd. and Wednesday, Oct. 14 at 5:30 pm the group will have their potluck dinner at the Reuter Center. Information: Linda Lewandowski at 665-1787 or merrywanderer@yahoo.com

In Memory

We have recently learned of the deaths of two of our longtime members. Condolences to the friends and families of Jim Topp and Betty Walburgh.

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** .

On Thursday, September 3, a group of 15 Center members and staff participated in the United Way Day of Caring, a community-wide service day matching groups of volunteers with local schools and non-profit agencies. Our task for the morning was to help beautify the offices of Pisgah Legal Services, on the corner of Charlotte Street and I-240. Pisgah Legal Services (PLS) provides free civil legal aid to help low-income people access justice to meet urgent needs. The staff and volunteers of PLS moved into their offices last year, but left a couple of projects undone in order to save money. **Sally Mundt, Doug Agor, Bob and Dottie Davis, Jim Hillegas, Doug Williams, Cal Oppenheim, Mike Sena and Eleanor Waterhouse** painted the office bathrooms (no simple task!). **Patti Oppenheim, Ann Bordeau and Christine Wells** shredded a mountain of documents. **Kathy Tempelaar-Lietz and Susan Poole** made the ground level doors and windows sparkle. A trip around the building proved that everyone was having a great time, evidenced by their laughter and lighthearted camaraderie. The offices looked great when we left!

Participating in the Day of Caring builds teamwork among our members while helping a community organization like Pisgah Legal Services. "Our bathrooms, copy room and windows sparkle and help us function more smoothly," said Jim Barrett, PLS executive director. "Thank all your volunteers for their incredible gift of time and energy." Many thanks to all of our **Day of Caring volunteers** for their positive attitudes and for taking part in this gratifying community project.

Check out these NEW OPPORTUNITIES to get involved:

The NCCCR Health and Wellness Committee seeks 4-6 new members to help bring exciting and innovative wellness programs to NCCCR members and in some cases, the greater community. Attend a meeting once a month and plan to volunteer a few hours a week to a community outreach project, to work on curriculum for the new wellness building on UNCA campus. For details, contact Sally Mundt, committee chair, at 254-2783 or theveryidea@charter.net

The UNC Asheville student-operated garden, located behind the Dining Hall on campus, needs your help! The students seek gardeners with all levels of experience in both edible and decorative cultivation to help with planning, planting, maintaining, learning, and experimental gardening processes. The group calls themselves the "Volunteer Squash Team." Contact JC Brew, Student Environmental Center Sustainable Food and Landscape Intern at 610-417-8580 or volunteersquash@gmail.com

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 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