

LIR NEWSLETTER

Celebrating 15 years ~ 1994-2009

LEARNING IN RETIREMENT, INC., AT THE UNIVERSITY OF GEORGIA

Volume 6, No. 6

June 2009



Learning in Retirement, Inc.
P.O. Box 49182
Athens, GA 30604-9182

Telephone: 706/549-7350
Please leave a message and someone
will return your call.

LIR Website Address:
www.athenslir.org
Registration, reservation, and
membership forms also available on
the newsletter page of the website.

NEW LIR Email Address:
lir@uga.edu
Be sure we have your current
email address!

LIR Officers 2008-2009
James Tanner, President
William Flatt, Vice President
Peggy Cole, Secretary
Clarissa Finco, Treasurer

LIR Board of Directors
William Alworth
Anita Brannen
Kathy Gratzek
Olga Gray
Steve Kassay
Jane Kelly
Joanne Roth
Jay Shinn
John Songster
Arlene Zimmerman

LIR Committees
Activity Groups: Anita Brannen
Annual Fund: Arlene Zimmerman
Curriculum: Jeani Goodwin and
Joanne Roth
Finance: Barney Brannen
Historian: Terry Utz
Membership: Ray Zwaagstra
Planning and External Liaison:
John Rudy and Jay Shinn
Public Relations: Roland Brooks
Publications: Inge Whittle
Registration: Terry Caven and
Carol Gogstad
Social: Phyllis Lane
Travel/Study: Steve Kassay

A MESSAGE FROM THE PRESIDENT

For several years prior to my retirement, I had been looking for an organization like Learning in Retirement. I enjoy learning about a wide variety of subjects, but needed a situation different from the typical classroom and without a host of very young people. Sometimes I want just a sip of information, at other times I want a feast. We certainly have that broad spectrum of educational opportunities with LIR. I participated in the writing of one's life story, "String of Pearls," and it evolved into an interest group where each month I meet with several others working on their own life story to share a snippet of writing with each other. We share ideas and suggestions and really get to know each other in much more detail than perhaps in any other social situation. The travel/study event that my wife and I participated in this last year, a tour of the BMW manufacturing plant, was delightful even if it made me dissatisfied with my Ford Focus.

My experience over the last year serving as the president of LIR has been a daunting task but rewarded with several successes. I've come to appreciate much more the behind-the-scenes activities of the several committees and their members that bring together this great program that we call LIR. While we are only a small segment of the senior population of the greater Athens area, we seem to be gaining more and more attention as the word gets out about this great educational opportunity. There have been several new folks volunteering to teach a topic giving the curriculum committee a nice reserve to draw from. While I am stepping down as president, I plan to keep actively involved as a committee member to help make things happen and be an influence in moving LIR forward.

I have met and become better acquainted with many folks this past year. I expect to continue this experience since it provides such a rich diversity of ideas and experiences to learn about.

Thanks for giving me this opportunity.

Jim Tanner

LIR Receives Osher Grant

On February 16, 2009, the Bernard Osher Foundation made a grant to Learning in Retirement, Inc., and to the department of Lifelong Education, Administration, and Policy (LEAP) of the College of Education at the University of Georgia.

The purpose of this grant is to improve the educational programs for seniors created by Learning in Retirement in 1994 through an extensive research effort and membership drive. If conditions of the grant are met, and Learning in Retirement reaches a total membership of over 500 participants, Learning in Retirement and the University of Georgia will be eligible for an endowment.

At such time the educational program for seniors will be known as the *Osher Lifelong Learning Institute at the University of Georgia (OLLI at UGA)*. You will notice a transition in our logo and mastheads on our webpage and publications. So don't be alarmed when this change happens. Yes, we are still us and you have received the correct newsletter.

If you would like to learn more about the Bernard Osher Foundation, please visit www.osherfoundation.org.



ANNUAL MEETING & 15-YEAR CELEBRATION

This year's annual meeting was held Friday, May 15th, at the Athens Community Council on Aging and began punctually at 1:00 with president Jim Tanner noting that a quorum was present. After the minutes of the 2008 meeting were read and accepted, the process of voting for our new board members and officers began. At this time the vacant slot of secretary was filled with nominee Sally Boleman, who together with the three other unopposed nominees, was elected by acclamation. The vote for board members followed and was tallied by members of the nominating committee: Diana Cerwonka, Olga Gray, John Rudy, and Terry Utz. The list of our new officers and the board is included in this issue.

The next stage of the meeting was the presentation and approval of the budget and discussion of the new parking tag procedures. Jim also explained the new Osher Grant and its budget, a budget of \$100,000 that is separate from that of LIR. This came about through the work of Jim and Ron Cervero of the College of Education aiming at continued growth and improvement of our organization. LIR and the University of Georgia will both have responsibilities to implement this. Our responsibility is currently to increase our membership to 500, and with 436 current members and 39 applications on hold until the next year begins, we are clearly on our way.

We will also undertake research on how to keep and retain members through changes in that member's life. LIR will be eligible to apply for another grant of the same amount in September 2009. The University will provide research assistance, through the help of Ron Cervero and Janet Truluck, an office (120A in River's Crossing), and classrooms.

The meeting gave graduate assistant Jeremy Schwehm and LIR membership chair Ray Zwaagstra an opportunity to present the impressive database that they have improved and expanded this year. This included demonstrating the interactive calendar, showing membership information that makes possible tracking and analyzing membership trends, an analysis of course participation, identification of which members are taking which classes, and committee participation. And it doesn't end here, much more is to come, including being able to use data to explore arranging rides to classes. An interesting membership note: 76 percent of LIR membership participated in a class or a Lunch and Learn program this past year.

As part of our celebration of 15 years up and running, LIR's seventh president Richard Anderson recognized the past presidents attending the meeting: Betty Bailey, Diana Cerwonka, Albert Ike, John Rudy, Jim Jacobson, and Janet Stratton. As he spoke of his own presidency in 2001-2002 he paid tribute to Don Vickers who served as his secretary and very recently passed away. He also recounted pieces of history since LIR's beginning in 1994 and the affiliation of the Washington, Georgia, Chapter two years later, recalling the moves to a small house on Lumpkin Street in 1997, then to UGA's Center for Continuing Education, and in 2001 our move away from that to be on our own at River's Crossing.

During the meeting, vice president Bill Flatt thanked Jim Tanner for his outstanding leadership and the many hours that he has worked for our group this year and presented him with a gift certificate to Borders Books. Jim again recognized the past presidents in attendance and concluded his portion of business by introducing Joanne Roth who will be our new president in the upcoming year. After the meeting was adjourned, demonstrating their ever-present adaptability, LIR members moved smoothly into social mode and celebrated LIR's 15th year with ice cream and cookies. Thanks go to Arlene Zimmerman for organizing and bringing off this finale to the 2009 annual meeting so successfully.

OFFICERS AND BOARD OF DIRECTORS

The following officers for 2009-2010 were elected at the May 15th annual meeting:

President – Joanne Roth
 Vice President – John Songster
 Secretary – Sally Boleman
 Treasurer – Terry Caven

Board of Directors for 2009-2011: Jim Becker, Nancy Canolty, Carol Gogstad, Bob Leventry, Ron Linhart, and Teresa Morris.

Continuing board members for 2008-2010: William Alworth, Olga Gray, Steve Kassay, and Arlene Zimmerman



Get an Early Jump on Lady Dogs Basketball Tickets

Because so many LIR folks disappear during the summer, this is the time to remind you of the activity group that goes to the Lady Dogs basketball games in the fall. Tickets have to be ordered before September 1, and Frances Lang, who chairs this group, needs a count as soon as possible in order to get seats fairly close together.

If you want to be part of the group, contact Frances by phone at 706-353-7733 or email at franceslang24@yahoo.com as soon as you can. She will let you know how much this year's tickets will cost as soon as she gets the information.

Interest Groups News

This year, a new activity group has been proposed: Drawing and Painting. If you are interested, contact Joanne Roth at roth.joanne7@gmail.com or 770-307-5798.

A number of folks also continue to ask about a beginners or novice bridge group. We would be happy to help organize this if someone would volunteer to be the group coordinator. Contact Anita Brannen, activity groups chair, if you are willing to take on this role: anitabarney@charter.net.

If you are new and unaware of our various activity groups visit the LIR website, www.athenslir.org, and just click on Activities.

LIR SUMMER 2009 COURSES

This year LIR is offering a summer session. If this pilot program is successful, we will continue to offer a selection of summer courses in future years.

COMPUTER/ TECHNOLOGY CURRICULUM

Basic Skills in Microsoft Word - Walter O'Briant

Wednesday: July 15, 22, 29 / August 5; 1:00 - 3:00; Room 143
Cost: \$16 (4 sessions) *

Emphasis upon creating documents, using cut-copy-and-paste, changing default formats, adding features such as numbering, and saving files. Ease in using keyboard and mouse expected. Required are the book *Microsoft Office Word 2003, Illustrated Brief, CourseCard Edition*, by Jennifer Duffy [Course Technology, ISBN 1-4188-4300-8], and a **USB drive**. The book will be available at FTX Bookstore, 723 Baxter St. at the textbooks counter. Please read Unit A, pp. 1-11 before the first class. **Class size is limited to 12.**

Walter O'Briant's first career of 33 years was teaching philosophy to college students. His second career as "Personal Computer Aide" is servicing and instructing in PC hardware, operating systems, and office applications. He has earned Microsoft and Computer Industry certifications. For more information, access his website www.pcaide.biz.

Introduction to Personal Computing - Walter O'Briant

Wednesday: June 17, 24 / July 1, 8; 1:00 - 3:00; Room 143
Cost: \$16 (4 sessions)*

Learning basic skills for the Microsoft Windows XP and Vista operating systems. Emphasis on terminology, functions on the Desktop, routines for executing tasks, use of keyboard and mouse, and basic file and program management. Aimed at users new to the PC or seeking greater facility. Required are the book *Absolute Beginner's Guide to Computer Basics, Fourth Edition* by Michael Miller [Que Publishing, ISBN 0-7897-3673-X], and a **USB drive**. The book will be available at FTX Bookstore, 723 Baxter St. at the textbooks counter. Please read pp. 9-26 before the first class. **Class size is limited to 12.**

See Walter O'Briant's bio above.

GENERAL CURRICULUM

Chemoprevention with Dietary Supplements - William Alworth

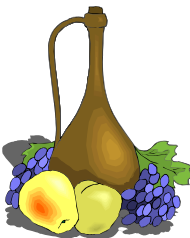
Thursday: July 23, 30; 10:00 - 11:30; Room 136
Cost: \$8 (2 sessions)*

The course is offered as a companion course to the one being given by Nancy Canolty on Personal Nutrition. This companion course will discuss evidence that indicates that an appropriate diet can reduce the risk of developing cancer and how this observation then leads to the concept that supplements to diets, including some vitamins, can also lower the risk of developing cancer. Evidence for and against this concept will be presented and some representative supplements such as curcumin and vitamin D will be discussed. The future of this area will be presented in light of several large-scale controlled studies that have led to negative results. *The Healthy Skeptic, Cutting through the HYPE about Your Health* by Robert J. Davis is recommended, but not required reading.

William L. (Bill) Alworth is professor emeritus of chemistry from Tulane University. He and his wife of 49 years

moved to Athens in 2007 to live closer to their two daughters after hurricane Katrina flooded their New Orleans home. Dr. Alworth graduated from Twin Falls High School and Harvard College and received a Ph.D. in chemistry from the University of California, Berkeley. In 1965 he was appointed assistant professor of chemistry at Tulane University and he taught there for the next 40 years until his retirement in 2005.

At Tulane he taught organic chemistry and biochemistry and helped establish Tulane's undergraduate major in biological chemistry. He also served as department chair, wrote a book on applications of stereochemistry in biochemistry and carried out research on vitamin biosynthesis and chemical carcinogenesis. Though retired he still collaborates with colleagues at Tulane and at the University of Texas Southwest Medical Center in San Antonio on the potential use of phytochemicals to prevent cancer.



Divine Wine - Vincent Masters

Thursday: July 16; 2:00 - 3:30; Room 136
Cost: \$4 (1 session)*

Dr. Masters will give a presentation and hold an open discussion on how to approach wine: selecting, storing, tasting, and serving. Characteristics of wine and wine regions will also be explored. **Course limit is 20 participants.**

A native of the California wine scene, Vincent W. Masters, M.D., has become a friend and colleague of American wine makers and is widely recognized as a wine columnist, author, and judge. Dr. Masters is founder and director of the Athens Wine Society, Inc., a nonprofit organization for the education and enjoyment of wine. He serves as judge of the International Atlanta Wine Festival and writes the weekly column "The Wine Press" for Athens newspapers. Dr. Masters is also an active member of the Society of Wine Educators and the Southeastern Wine Makers Circle and has led domestic and international tours to renowned wine regions.

Golden Age of Hollywood Musicals - Christine Pavlak

Wednesday: July 8, 15, 22; 3:00 - 5:30; Room 113
Cost: \$12 (3 sessions)*

Join Christine Pavlak in viewing and discussing three films that signify the Golden Age of Hollywood musicals:

- **SHOW BOAT** - Life on a Mississippi River show boat, featuring Ava Gardner as beautiful, poignant Julie and Jerome Kern-Oscar Hammerstein songs including *Bill, Can't Help Lovin' That Man, Make Believe*, and *Old Man River*.
- **OKLAHOMA** - Featuring Gordon MacRae and Shirley Jones singing Rodgers & Hammerstein's songs such as *Oh, What a Beautiful Morning* and the title song.
- **CAROUSEL** - Rodgers & Hammerstein's masterpiece again pairing Shirley Jones and Gordon MacRae as rowdy carousel barker Billy Bigelow who tries to change for the better when he falls in love with Jones.

Christine Pavlak moved to Athens in 1999 when her late husband became director of Research at the Carl Vincent

Institute of Government at the University of Georgia. She has a B.A. in philosophy from the University of Missouri-St. Louis and a master's in library and information science from Dominican University.

Before retiring she worked in marketing research in banking/financial services, including 11 years with Dow Jones & Co. in NYC. Christine has served as a docent at the Georgia Museum of Art and is currently vice president of the Federation of Neighborhoods (FON) in Athens. More importantly, Christine is a life-long movie lover and viewer, whether living in St. Louis, Washington, Chicago, Pittsburgh, Manhattan, or now Athens, where she is a charter subscriber to Ciné.

Personal Nutrition - Nancy Canolty

Tuesday: July 21, 28; 10:00 - 11:30; Room 136

Cost: \$8 (2 sessions)*

Personal Nutrition, a companion course to Bill Alworth's *Chemoprevention with Dietary Supplements*, will review basic nutrition concepts in the first session and explore personal nutrition challenges in the second. The basic roles in the body of energy-yielding nutrients (protein, fat, carbohydrate, and alcohol), essential micronutrients (vitamins and minerals), fiber, and water will be addressed as will the physiological effects of selected phytochemicals (e.g., flavonoids, lycopene). The impact of nutrition on one's health will be emphasized, particularly the challenges individuals face as they seek to make dietary choices to lessen their likelihood of becoming obese or developing chronic diseases. There is no required reading, but exploration of reliable nutrition-related web sites will be encouraged.

Dr. Canolty received her Ph.D. in nutrition from the University of California, Berkeley. She was a member of the University of Georgia faculty for 24 years where her primary teaching responsibility was for a large introductory nutrition class. Her main research interests included mathematical modeling in nutrition, the nutritional consequences of lithium therapy, and demographic and socioeconomic modulators of diet-disease relationships. After she retired from UGA, she co-founded SoloSENIORS, an organization within the UGA Alumni Association for single men and women at least 50 years of age.

Summer Course Costs/Registration Procedures *

Course cost is assessed at \$4 per class meeting, plus parking tags at \$2 per class meeting. Please determine how many parking tags you will need for all of your courses and add that amount to your overall registration fee.

For example, if you register for Divine Wine and Introduction to Personal Computing and need a parking tag for each day you attend class, your total registration fee would be \$30. That breaks down to \$20 for the two courses and \$10 for 5 parking tags. LIR members are encouraged to carpool if possible to reduce each participant's cost of attendance. You will receive your parking tags at the beginning of the first class.

Registration for summer classes will be by email. Send a message to lir@uga.edu with your name and phone number, list the course(s) you wish to take.

Mail your payment to our formal address: Learning in Retirement, Inc., P.O. Box 49182, Athens GA 30604-9182. Print a copy of your registration email and send with your check (course costs plus parking tag fees) payable to *Learning in Retirement, Inc.*

New Parking Tag Policy

As you saw in the parking tag discussion insert in the April newsletter and above, LIR is changing how tags will be handled in the future. Beginning with summer and fall curriculum registration, members will decide how many parking tags – at \$2 per tag – they will need for their classes and they will add that amount in separately as they total up the amount due to LIR.

In the past classes were \$5 per session, but that cost is now being reduced to \$4 per session. LIR will still purchase the tags in volume and include the correct amount in each of our registration packets.

The fall registration newsletter will again remind you of this new procedure and cost, and we will make it as clear as possible on the registration form itself. This pricing is also in effect for those who register for summer classes.

LIR membership expires June 30, 2009!

Don't forget to send your 2009-2010 dues. Membership forms may be printed from the LIR website www.athenslir.org.



AT THE UNIVERSITY OF GEORGIA