

LIR NEWSLETTER

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

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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.geron.uga.edu/lir

LIR Email Address:
lir_ga@yahoo.com

Be sure we have your current email address!

LIR Officers 2003-2004

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Kathy Gratzek, Vice President
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LIR Board of Directors

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WELCOME TO OUR 10TH YEAR

In 1994-1995 the organizational process that became Learning in Retirement, Inc., began with a group of seniors who were interested in continuing to learn new things, to meet other people with similar interests, and to form new friendships. Richard Forbecker agreed to spearhead this new LIR idea, and so we began. Now we are an independent organization sponsored at the University of Georgia by the Gerontology Center and the Institute of Higher Education. We are affiliated with Elderhostel and, like them, offer extended learning opportunities through our courses, lecture programs, and travel experiences.

Welcome to people who are just finding out about Learning in Retirement, Inc.; we enjoy the LIR program and are sure you will also. Our dues are only \$35 per year, our courses are typically only \$3 per class session, and that includes parking. Social and travel events are planned at cost. You can join right now, or you can try LIR. This means you can take one course or one lunch-and-learn lecture at the published cost (one time only) without joining and paying the membership fee. That is our special offer to people we would like to become members. If you want to join now and enjoy the travel and social events, there is a membership form enclosed.

REGISTRATION FOR FALL SEMESTER COURSES - SEPTEMBER 8

Our registration this fall will be held in the brand new Classic Center Foundry Street Ballroom A on Monday, September 8 from 9 - 11am. Our Fall Membership Meeting and Registration is an opportunity to visit with friends, pick up your parking pass, enjoy some coffee and doughnuts, and register for classes and other activities, if you didn't register by mail. The Foundry Street Ballrooms are a brand new facility along the street behind the Classic Center main building and next to the parking deck. Drive down to Foundry Street (via Hancock St.) and enter the Classic Center's parking deck from the lower level, and you can park there without charge. You will see the Ballrooms along Foundry Street before you get to the garage entrance. Bring your registration form from home, but don't make out your check until after you complete registering for courses as some you want may not be available.

NEWSLETTER BY EMAIL

If you lose your newsletter or just want to check on a date, the LIR Newsletter will be available as an email attachment in addition to being on the LIR website. You will get instructions via email from Eve on how to get the newsletter this way, but only if we have your current email address. Be sure to include your email address on your membership form. Later this year we are going to try sending the Newsletter as an email attachment to those who want to participate – a cost-saving measure. Watch for an email about this new innovation.

CLIP & SAVE

DATES TO REMEMBER

Monday, September 8	Fall Registration Meeting
Friday, September 12	Russell Research Center (<i>Sept. 9 reservation</i>)
Thursday, September 18	Trip to High Museum (<i>Aug. 28 reservation</i>)
Monday, September 29	Lunch and Learn – Dr. Kleiber
Monday, October 13	Lunch and Learn – Dr. Panico
Wednesday, October 22	Trip on Steam Train (<i>Sept. 17 reservation</i>)
Thursday, October 23	Luncheon at Hilltop Grille (<i>Oct. 17 reservation</i>)
Monday, November 10	Lunch and Learn – Dr. Dyer
Wednesday, December 3	Holiday Dinner at Georgia Center

From LIR's President –

Bienvenue to a new year of Learning in Retirement, from your President lodged in our home in Normandie – soon to return to the fold.

In France, the beginning of the academic year is as significant as it is in Georgia – students, families, administrators and faculties of schools and universities. The bustle and intellectual reawakening of the *rentree* are the same — with one significant difference: elder French citizens are bystanders only, participating in no way. France has precious little adult education as we know it, and no organizations such as LIR. For retired people, there are “Clubs de l'Age d'Or,” confined to games, entertainment and the occasional lecture on non-academic topics.

How lucky we are to have LIR, offering the adventure of continual learning and stimulation plus the benefits of its social amalgam forged over the years. We are an integral part of the University community, with great privileges and opportunities for growth and satisfaction. And...we have fun, to boot!

In perusing this Newsletter, you will see that we have a full program for you this year, packed with variety as well as substance. We think the choices are more varied and numerous than ever, with instructors both new and tried and true. Please consider the menu promptly so you can assure your place in the classes you favor, registering by mail if you can do so. You will of course want to consider the Lunch and Learn opportunities, as well as our special interest, travel and social events such as the fall luncheon and new-style Holiday Party in December.

Our membership continues to grow, with 15 new cohorts over the summer. Our Board has eight seasoned and six new members with whom this writer looks forward with gusto to working in the coming year. We invite your active participation in LIR as well as your ideas and guidance and energy in fulfilling our organization's full potential to meet our intellectual and social needs and expectations.

See you soon!
John Rudy

HOOPS TICKET TIME

A group of LIR members have been getting season tickets to the Lady Dogs home basketball games. There are usually 10 or 11 home games, and the tickets are about \$60 per person. If you might be interested in joining the group, call Frances Lang at (706) 353-7733 before September 15. She will contact you as soon as she has the final information. Frances is working with a different person this year and expects better arrangements.

FALL COURSES BY DAY OF THE WEEK

MONDAY

How Religion Shaped America, Part I, Dr. Alex Williams – October 20, 27, November 3, 17, 24, December 1 from 1-3 in River's Crossing Room 135.

Volunteerism in Clarke County, Various presenters – October 27 from 9:30-12 at the Council on Aging

TUESDAY

Creating a Document Using Microsoft Word XP Mr. David Wynne – September 23, 30, October 7, 14 from 11-12:30 in River's Crossing Room 143

The Renaissance, Dr. Joseph Berrigan – September 30, October 7, 14, 21, 28, November 4 from 9-11 in River's Crossing Room 135

Home, Personal, and Financial Security, Capt. Carter Greene – October 7, 14, 21 from 10-12 at Athens-Clarke Co. Police Services

Investigating the Windows XP Operating System, Mr. David Wynne – October 21, 28, November 4, 11 from 11-12:30 in River's Crossing Room 143

Spirituality: The Human Experience, The Very Rev. Dr. John Via – November 4, 11, 18 from 10-12 in River's Crossing Room 139.

WEDNESDAY

Silk Ribbon Embroidery, Ms. Jo-Nan Tanner – September 17, 24, October 1 from 10-12 at instructor's home

Keeping the Brain Alive, Drs. Joe Harris, Zeb and Lenette Burrell – September 24, October 1, 8 from 2-4 in River's Crossing Room 135

Beginner's Needlepoint, Ms. Mary O'Donnell – October 8, 15, 22, 29, and November 5 from 10-12 in River's Crossing Room 139

Italian/Mediterranean Cooking, Dr. Jim Okey – October 8, 15, 22, 29 from 3-5 at Council on Aging

Beginning Ballroom Dance, Dr. Mark Wheeler – October 15, 22, 29, November 5 from 9:30-11 Dance Building, UGA

Artists' Studio and Gallery Crawl – October 29, November 5, 12, 19 from 12:30-3 Meet 1st time at K-Mart, Barnett Shoals and College Station Rd.

THURSDAY

Exploring Our Natural Resources, Mr. Wallace, Dr. Dale, Ms. Attaway, Ms. Moss – September 18, 25, October 2, 9 from 10-12 in River's Crossing Room 113 & Oct. 9 at the State Botanical Garden

Climate-Wise: Cooler or Warmer? Dr. Gayther Plummer – September 25 ONLY, ~~October 2, 9, 16, 23~~ from 1-3 in River's Crossing Room 64
Revised 9/2/03

Intermediate Genealogy II, Various speakers – October 2, 9, 16, 23, 30, November 6 from 10-12 in River's Crossing Room 64

Great Decisions, Drs. Ed Speir and John Rudy – October 23, 30, November 6, 13 from 9:30 - 11 in River's Crossing Room 62

Folklore in Our Lives, Part 2, Dr. Genelle Morain – October 30, November 6, 13, 20 from 10-12 in River's Crossing Room 113

FRIDAY

Adult CPR, Ms. Kristy Burton – September 19, 26 from 10-12 in River's Crossing Room 135

~~**Battles That Have Changed Our World, Col.(Ret.) Frank Walton**~~ – October 3, 10, 17, 24, 31 from 9 - 11 in River's Crossing Room 64
Cancelled due to illness of instructor.

Creating Beautiful Spaces, Ms. Rhonda Webb – November 7, 14, 21 from 9-11 in River's Crossing Room 113.

LUNCH & LEARN at the Council on Aging

Monday, September 29 **Dr. Doug Kleiber** – "Taking Leisure Seriously"

Monday, October 13 **Dr. Richard A. Panico** – "The Healing Power of Mind Body Medicine"

Monday, November 10 **Dr. Thomas G. Dyer** – "Writing the Biography of a Missouri Farm"

LUNCH & LEARN LECTURE SERIES

The Lunch & Learn Lectures have become a popular part of the LIR program planned by the Curriculum Committee. They are held at the Athens Area Council on Aging, 139 Hoyt Street, on the north edge of downtown. This semester should be no exception as there are three excellent speakers on topics that have been of interest to LIR members, and the lunches will again be catered by Trumps. Each Lunch and Learn Lecture will begin at 11am with the speaker. You can sign up for the series at a reduced price, or just register for one or more individual programs.

Monday, September 29, Dr. Douglas A. Kleiber on "Taking Leisure Seriously: Examining Its Influence on Development, Adjustment, and Aging."

Dr. Kleiber is the former Director of the School of Health and Human Performance, and former Head of the Department of Recreation and Leisure Studies where he is a Professor. He received his PhD in Educational/ Developmental Psychology from the University of Texas and his AB in Psychology from Cornell University. He has held academic positions at the University of Illinois, St. Cloud State University, and Cornell University. He is a past president of the Academy of Leisure Sciences and the author of over 80 journal articles, book chapters, and books on developmental and psychological aspects of leisure behavior including most recently *Leisure Experience and Human Development* (Basic Books, 1999).

Monday, October 13, Dr. Richard A. Panico on "The Healing Power of Mind Body Medicine: Simple Ways to Capture Health, Vitality, and Energy."

Dr. Panico is a board-certified psychiatrist who began his clinical career in general practice in 1976 and practiced psychiatry in Athens for twenty years. He is chief of the psychiatry division for ARMC and Medical Director of the Athens Regional Mind Body Institute. Dr. Panico has training in nutritional approaches to chronic illness, and he has worked at the Harvard Medical School in Mind Body Medicine. He is also a yoga teacher, and with his wife Manjula Spears, is a principal trainer for Integral Yoga. Dr. Panico has practiced yoga and meditation for 30 years, and has become a serious student of classical yoga.

Monday, November 10, Dr. Thomas G. Dyer on "Writing the Biography of a Missouri Farm."

Dr. Dyer holds a special professorship, University Professor of Higher Education and History at Georgia. His primary interests are in the history of American higher education and southern history. He has extensive administrative experience at UGA, having served as vice president for instruction, interim provost, senior associate vice president for academic affairs, and associate vice president for services, and presently he is director of the Institute of Higher Education. Dyer is the author of three books: *Theodore Roosevelt and the Idea of Race* (LSU University Press, 1980); *The University of Georgia: A Bicentennial History, 1785-1985* (UGA Press, 1985); and *Secret Yankees: The Union Circle in Confederate Atlanta* (Johns Hopkins University Press, 1999). He was an editor of *"To Raise Myself a Little": The Diaries and Letters of Jennie, a Georgia Teacher, 1851-1886* (UGA Press, 1982). *Secret Yankees* was a selection of the History Book Club and was submitted for the Pulitzer Prize and the National Book Award. It was also the topic of one of our first LIR Lectures.

FALL SEMESTER COURSE DESCRIPTIONS

(Rooms in River's Crossing, UGA campus unless otherwise noted.)

Adult CPR with Ms Kristy Burton – Sept. 19, 26 from 10-12 in room 135

The adult CPR course combines lecture, video demonstrations, and hands-on manikin training. It teaches participants to call and work with EMS, to care for conscious and unconscious choking victims, to perform CPR and care for breathing and cardiac emergencies in adults. You learn how to avoid blood-borne pathogen exposure and to know the role of AEDs in the cardiac chain of survival.

Ms. Burton is a Health and Safety Instructor with the East Georgia Chapter of the American Red Cross. Upon completion of the course, certificates will be presented to the participants. The cost of the course includes the fee for the American Red Cross.

Artists' Studio and Gallery Crawl – Oct. 29, Nov. 5, 12, 19 from 12:30-3

Participants in this course will visit a different gallery or artist's studio each week for demonstrations and presentations of the arts. We will meet at various locations, car pool, and then go to the site planned. The first week will be a trip to the **Oconee Cultural Arts Foundation, Inc.**, in downtown Watkinsville for the Annual Members' Exhibit. Meet in the shopping center at the corner of College Station and Barnett Shoals Road at the far end by the plant nursery area of K-Mart.

The second week will be a visit to the studio of **Dee Beard Dean**, a painter and sculptor well known for her portraiture of children. Recently she has painted landscapes of the southwest and Europe. She plans to do (or start) a portrait of one of us on our visit. The third session on November 12 will be at UGA with **Frank Saggus**, most recently a lecturer at UGA's Studies Abroad Program in Cortona, Italy where he was discovered by the Speirs. He teaches drawing, book arts, printmaking, and sculpture. For us, he is going to discuss the history of books in paper and demonstrate how to use paper pulp and pull sheets of paper. We will be able to "pull" sheets of paper too.

Our final session on November 19 will be at the Lyndon House Arts Center with **Madeline Darnell** on "Learning to Look at Contemporary Art." She will share Dr. Edmund Burke Feldman's method for looking at art. There will also be a "hands on" art making activity. Ms. Darnell has a MEd. in Art Education and has taught art in public schools and currently is the art education specialist at the Lyndon House. Some form of seating will be available at each site.

~~Battles That Have Changed Our World with Colonel (Ret.)~~

Frank Walton – Oct. 3, 10, 17, 24, 31 from 9-11 in room 64
Cancelled due to illness of instructor - 9/2/03

One of the salient features of our culture has been its tendency to achieve decisive events by military action. It may be the principal reason why western civilization has permeated every nation and altered worldwide attitudes and perceptions. This course will be a *tour de force* of the decisive and climactic battles that have shaped our history, traditions and direction. Our discussions will examine why a particular battle changed the course of history and who the principal antagonists were. Why was one system superior to another in the catalyst of battle? What command decisions affected the outcomes? We will make as many side trips and "what ifs" as participants desire. Perhaps we will catch a glimpse of the nature of things to come.

Col. Walton served two tours in Viet Nam as an advisor and as a battalion commander in the 101st Airborne Division. He also

taught Tactics and Military History at the United States Military Academy. Colonel (Ret.) Walton is presently a student at UGA and a member of LIR.

Beginner's Needlepoint with Mary R. O'Donnell – Oct. 8, 15, 22, 29, Nov. 5 from 10-12 in room 139

This course will teach you the basic stitches of needlepoint and hopefully an appreciation of this form of art. In the five sessions you should be able to complete an eyeglass case. The canvas, yarn, needles, and other supplies will be furnished. You just need to bring a small pair of scissors.

Ms. O'Donnell began needlepoint 30 years ago when she moved to Athens. During this time she began to design her own canvasses and to really enjoy the versatility of this art form. Needlepoint is a channel for creativity and relaxation as well as "something to show for your time." And, as the instructor is quick to point out, it's an art form that even appeals to men like Rosey Greer!

Beginning Ballroom Dance with Dr. Mark Wheeler – Oct. 15, 22, 29, Nov. 5 from 9:30-11 in the Dance Building, UGA.

This course will serve as an introduction to basic steps in ballroom dance, focusing primarily upon the box-step and its applications to fox-trot, rumba, and waltz music. If participants are interested, basic swing will be introduced. Following thirty minutes of instruction and a ten-minute break, participants will share a fifty-minute class with UGA undergraduate students recently taught the same dance material. Retired folks will dance with undergraduate folks, practicing course material with frequent changes of partners.

Dr. Wheeler received his doctorate from The Ohio State University, and is a professor of dance and former head of the Dance Department. He is founding director of the UGA Ballroom Performance Group. From 1991-2002 he created pieces of choreography performed by university dance companies in a number of states and countries. He has experience in inter-generational teaching, and he is confident that the arrangement for this course will bring out the best of all present. The class is open to men and women, with or without partners.

The class will meet in Studio 276, Dance Building (former Women's Physical Education Building). It is across Sanford Drive from the parking deck next to the Georgia Center for Continuing Education. From Lumpkin St., turn on Carlton Street in front of the Georgia Center, go to the next corner, turn left on Sanford Drive and go one block and enter the parking deck on that side. The yellow brick Dance Building is on the right side of the street. The fee for parking will be about \$3 each session.

Climate-Wise: Cooler or Warmer? with Dr. Gayther Plummer – Sept. 25 ONLY, ~~Oct. 2, 9, 16, 23~~ from 10-12 in room 64
Revised 9/2/03

The introductory session will introduce basic weather-watching techniques, fundamentals of meteorology, resources on the internet, weather-birds, almanacs, the TV shows, the bureaucracies and politics. Sessions that follow will examine historic climates including 10,000 years BP, diseases, migrations, resettlements and Georgia's weather-watchers and their records and anecdotes. Climate variations during the 20th century and cycles, astrophysics, and agricultural vs. aviation weather information will be another focus of the course. The course will also examine catastrophic weather events: frosts, floods, droughts, cyclones, anticyclones, and lightning. Dr. Plummer will also coordinate a daylong field trip to Stone Mountain, Panola, or Arabia. The date for this depends on the weather!

Dr. Plummer retired from UGA in 1994 as the State Climatologist. He was a pilot during WWII, his PhD from Purdue University was

in plant sciences/ecology, but his avocation in Climatology led to study at the Oak Ridge Institute of Nuclear Studies. At Georgia he was a Professor of Botany, but was also associated with the Geography Department, the School of Environmental Design, the Institute of Natural Resources as well as the colleges of Agriculture, Forestry, and Education. He has been a Fellow in the American Association for the Advancement of Science for four decades. In retirement, he continues to investigate climate and lecture on ecological changes.

Creating a Document Using Microsoft Word XP with Mr. Dave G. Wynne – Sept. 23, 30, Oct. 7, 14 from 11-12:30 in room 143

Microsoft Word XP™ is software that helps a person create written documents. *Word* is a massive computer program. It does a lot; but the truth is, you do not have to know everything about Word to use it. In this course, you will learn to: identify the components of the Word window, choose commands using toolbars and menus, create a new document, scroll a document, correct errors, save-preview-print a document, enter the date with AutoComplete, remove Smart Tags, create an envelope, check spelling and grammar, move the insertion point around the document, select and delete text, find and replace text, change margins, line spacing, alignment, and paragraph indents. You will learn to copy formatting with the Format Painter, change fonts and adjust font sizes, emphasize points in your text with bullets, numbering, boldface, underlining, and italics, add a comment to a document.

Dave Wynne has worked for the University of Georgia for seven years. He teaches software to the faculty, staff, and students in the College of Education.

Creating Beautiful Spaces with Ronda Webb – Nov. 7, 14, 21 from 9-11 in room 113

The first session will focus on the spaces, on organizing your home from cabinets to garages. Ms. Webb will share practical techniques for getting the best use of your spaces. You will also be asked to bring questions about decorating, your own problems, to the next session. These will form the base for the third session. The second session will center on how to work with and choose new colors to fit existing furniture, fixtures, etc. It will also present special occasion decorating for parties or holidays. Ms. Webb is the owner of *Fresh Start Interiors*. She especially enjoys meeting new folks and assisting them in making their homes reflect their personalities and interests. She believes everyone needs a retreat from the outside world. Her goal is to show each customer how to obtain his or her own "retreat home" without spending a fortune.

Exploring Our Natural Resources with Mr. Dan Wallace, Dr. Edwin Dale, Ms. Mary Attaway, and Ms. Karen Moss – Sept. 18, 25, Oct. 2, 9 from 10-12 in room 113 and the State Botanical Garden

Mr. Wallace's topic, "Through Our Waterways" will involve two sessions and include basic concepts of water such as the water cycle, river profiles, and groundwater. He will also discuss water conditions, the parameters of water quality, the point sources of pollution, and non-point sources of pollution. His final topic concerns what we can do. Mr. Wallace was trained in Soil Ecology with a BS in Biology and an MS in Soils. He now works for the USDA Natural Resources Conservation Service as a field outreach person for Barrow, Clarke, and Oconee counties. He has served on the Board of the Sandy Creek Nature Center and is active in various conservation organizations.

The second speaker, Dr. Edwin Dale's topic is "Within Our Forests." His presentation will consist of a review of available types of forest resources in Georgia and the Southeast. He will

also discuss the products and values of these resources and controversies about the provision of resources and a class discussion of the controversies. If time allows, he plans a slide presentation on the history of Federal forests in north Georgia. Dr. Dale received his PhD in Biological Sciences and retired as Professor Emeritus from Emory University in 1990, retired in 2000 from the Forest Service and in 2002 as a Wilderness Management Conservant.

The final session by Ms. Mary C. Attaway and Ms. Karen Moss will be at the Botanical Garden and is entitled "Along Garden Paths." This session will focus on cultural techniques to conserve water in the garden, such as different mulches, irrigation types and schedules, and ways to collect rain or wastewater. You will see drought-resistant, sun and shade plants for the Southeast. Mary Attaway received a BS degree in Natural Resources (with a minor in Spanish) from the University of the South in 1996. She traveled through Latin America for several months before moving to Athens. She received her MS in Horticulture from UGA, and she is now the curator of the International Garden. Karen Moss has served as Curator of the Shade and Native Flora Gardens at the Botanical Garden since October 2002. Karen studied horticulture at the University of Georgia and fine arts at Georgia State. She has over 14 years experience in horticulture (garden centers, private gardens, etc.) and volunteered at an urban forest preserve and for horticultural therapy programs in Atlanta.

Folklore in Our Lives, Part II, with Dr. Genelle Morain – Oct. 30, Nov. 6, 13, 20 from 10-12 in room 113

After a brief review of the amazing sweep of folklore genres studied in Folklore in Our Lives, Part I, Folklore Part II will give special attention to aspects of Native American lore, the folklore of the sea, folklore of the supernatural, and folk beliefs and practices as reflected in the literature of certain cultures. Suggestions will be offered concerning techniques for collecting and preserving family lore.

Dr. Morain is a Professor *Emerita* of Language Education at UGA, the winner of a Meigs Award for outstanding teaching, and a member of the Teaching Academy and the Emeriti Scholars Program at UGA. She did a year of study in the graduate folklore program at Indiana University, wrote her doctoral dissertation on French folklore at the Ohio State University, and did further study for three summers at the Fife Folklore Seminar at Utah State.

Great Decisions 2003, Part II, with Drs. John Rudy and Ed Speir – Oct. 23, 30, Nov. 6, 13 from 9:30 - 11 in room 62

This is a discussion course which will use the Foreign Policy Association briefing book, *Great Decisions (2003 Edition)* as the primary source. Topics are expected to include the Global Struggle for Women's Rights, International Food Wars, China in Transition, and the European Union. The discussion leaders will provide some supplementary handouts, and short videos as case studies may be presented. **The cost of the briefing book (\$15) will be \$7.50 for those who did not buy one in January for the Spring 2003 course since they will be only using half of the book.** This course will explore different topics than were done last spring, and you do not need to have taken the previous course.

Dr. Rudy received his PhD in International Relations from the Fletcher School of International Diplomacy of Tufts University. His career was in international banking. Dr. Speir is currently a Senior Fellow in the Institute Of Higher Education at UGA. His PhD in International Relations was earned at the University of Denver's Graduate School of International Studies.

Home, Personal, and Financial Security with Capt. Carter Greene – Oct. 7, 14, 21 from 10-12 at Athens-Clarke County Police Services (Lexington Rd.)

This course will examine the role of the Athens-Clarke County Department of Police Services in helping to provide home, personal, and financial security for the citizens of the county. The first session will focus on E911 Communications including a tour of the new communications facility. The second session will deal with Crime Prevention, including home and personal burglaries, car jacking, ride-by service, safe living and more. The third session will focus on areas of personal and financial security such as: identity theft, Internet fraud, scams, and credit card fraud. The classes will be held at the Athens-Clarke County Department of Police Services located on Lexington Road just before the Tax Commissioner's digs on the north side of the street.

Capt. Greene graduated from George Mason University with a BS in Law Enforcement and came to Athens in 1984. He has worked in the Traffic Division, C.I.D. where he investigated burglaries, then auto thefts, and finally financial crimes. In 1994 he was promoted to Sergeant and assigned to Evening Watch until 1997 when he became the Division Commander's Assistant. His most recent promotion was to Captain in 2002.

How Religion Shaped America, Part I, with Dr. Alex Williams

– Oct. 20, 27, Nov. 3, 17, 24, Dec. 1 from 1-3 in room 135

This course is an expansion of the course Dr. Williams taught Spring Semester. It will explore the following topics, among others: religious motives for coming to America, religion and Native Americans, wars of religion in Europe and religious freedom in America, religion and the American Revolution. It will examine how churches in America contributed to political independence, religion and slavery, struggles with religious diversity in America, independence and various churches, religious influences on American nationalism. The course will consider religion and education, the separation of church and state, churches and the federal Constitution, churches and state constitutions, and the tensions between church and state.

Dr. Williams is a graduate of Emory University, Columbia Theological Seminary, and McCormick Theological Seminary. He was Minister to Youth and Community at First Presbyterian Church, Atlanta for 10 years, and Presbyterian Campus Minister at UGA for 23 years. He has also taught religion at UGA, and Piedmont College and is a certified and registered mediator.

Intermediate Genealogy II with Capt. (Ret.) Greg Crane, Coordinator, and various speakers – Oct. 2, 9, 16, 23, 30, Nov. 6 from 1-3 in room 64

This course is an extension of beginners' classes such as the one at Athens Regional Library or the Computer Genealogy class there. It will examine various records that may be used in genealogical research: vital records, cemetery and burial records, military records after the Revolution, land/tax records, and abstracting wills and deeds. It will also discuss printing genealogical research.

In addition to Captain Crane, the speakers are Ms. Linda Aaron, Archivist and Preservation Officer for the Hargrett Rare Book and Manuscript Library at UGA; Ms. Laura Carter, reference librarian at Athens Regional Library; Ms. Mary Ann Abbe, who has been doing genealogical research since 1990 and has published books on courthouse records, Oconee County Marriages 1875-1920, and is preparing the 1850 Tax Digest of Clarke County for publication; Ms. Elaine Neal, who became involved in genealogical work through local genealogists after 30 years with the CIA; and Ms. Nona Knecht Thornton, who has studied genealogy quite extensively and has authored a history of an original Idaho Territorial Settler, indexed a book on Millstone church and the Broad River, and was a researcher for *Your Guide to the Federal Census*.

Investigating the Windows XP Operating System with Mr. Dave G. Wynne – Oct. 21, 28, Nov. 4, 11 from 11-12:30 in room143

Windows XP™ operating system is the software that helps the computer carry out operating tasks such as displaying information on the computer screen and saving data to your disks. You will learn to: start and shut down *Windows XP*, identify objects on a *Windows XP* desktop, practice keyboard and mouse functions, run software programs, switch between them and close them, identify and use the controls in a window, use *Windows* controls such as menus, toolbars, list boxes, scroll bars, option buttons, tabs, and check boxes. You will also explore the *Windows* help system, work with files to format a disk, enter-select-insert-delete text, open and edit and print a file; create and make a copy of your data disk; view the list of files on your disk and change view options; move, copy, delete, and rename a file; and navigate a hierarchy of folders.

Mr. Wynne has worked for the University of Georgia for seven years. He teaches software to the faculty, staff, and students in the College of Education.

Italian/Mediterranean Cooking with Dr. James Okey – Oct. 8, 15, 22, 29 from 3-5 at Council on Aging

This course focuses on food prepared in an Italian/Mediterranean style with fresh, flavorful, and seasonal ingredients. Preparation and cooking techniques will be demonstrated. In this full-participation class, participants will prepare complete meals (and eat them!).

Dr. Okey is a retired professor of Science Education with extensive culinary training; A year at Peter Kenny's New York Cooking School as well as study in Italy and time as an apprentice in both cooking and baking abroad and in New York. He often does demonstrations at the Rolling Pin, and has been a frequent teacher for LIR.

Keeping the Brain Alive with Drs. Joe Harris, Zeb and Lenette Burrell – Sept. 24, Oct. 1, 8 from 2-4 in room 135

Mental activity creates neurotrophins that make neurons grow. Details of this process are described, but the main course objectives are to sharpen the mind and improve memory. The text, *Keep Your Brain Alive* by Katz and Rubin, provides exercises that will be discussed and tested.

Joseph B. Harris, PhD, has degrees from Emory University, the University of Georgia, and Duke. A botanist with a research specialty in plant aging, he has held positions with the USDA, Young Harris and Coker colleges and the University of Wisconsin-Stevens Point.

Dr. Lenette Burrell, RN, EdD, earned her diploma in nursing from the University Hospital, Augusta, GA. She has degrees from Georgia College and State University, the Medical College of Georgia, and the University of Georgia. She taught at the Medical College of Georgia School of Nursing in Athens from 1972-1998 and is currently a Senior Research Scientist at the Gerontology Center at UGA.

Zeb L. Burrell, Jr., MD, has degrees from Emory University, the Medical College of Georgia, and the University of Pennsylvania Graduate School of Medicine. He is a Fellow, American College of Physicians, and has held positions at the Medical College of Georgia, Central State Hospital, and Athens Regional Medical Center. He established a private practice in internal medicine in Milledgeville and Elberton. He currently serves as a Senior Research Scientist, Gerontology Center at UGA.

The Renaissance with Dr. Joseph R. Berrigan – Sept. 30, Oct. 7, 14, 21, 28, Nov. 4 from 9-11 in room 135

The course will begin with a class or two on the late middle ages, especially the fourteenth century and its disastrous course. The next topic will focus on the Italian peninsula to consider the life and work of Petrarch, whose creation of humanism justifies his title as the "father of the Renaissance." The next topic is the classic presentation of the Renaissance by the Swiss historian Burckhardt and the book by Hans Baron. The development of the intellectual life of the fifteenth century will include Renaissance education, the writing of history, the spread of the Renaissance to the north, the coming of printing, and the efflorescence of the visual arts in Florence. A consideration of Erasmus, More, Machiavelli, and Castiglione will conclude the course.

Dr. Berrigan is a native of New Orleans, a graduate of Loyola of the South, Saint Louis, and Tulane Universities. He taught at Georgia for thirty-one years, and now frequently for LIR.

Silk Ribbon Embroidery with Ms. Jo-Nan Tanner – Sept. 17, 24, Oct. 1 from 10-12 at Ms. Tanner's home

This offering is intended to facilitate those interested in embroidery needlework to learn a related embroidery style – silk ribbon embroidery. It uses silk ribbons of various widths to create flowers or other objects of interest. While a beginner would benefit from a basic knowledge of embroidery and any other type of needlework, interest and practice may compensate for a lack of such experience. The initial sessions scheduled should give participants a good idea of this needlework, and additional sessions may be scheduled by the group. The fee for materials will depend on whether people furnish some or all of their materials or the facilitator does.

Ms. Tanner learned to embroider from her mother, but is a self-taught seamstress. She has a BS in Home Economics and a Masters in Elementary Education from UGA and an Associate Degree in Business Education from Athens Tech. The class will meet at her home, and she will give you directions.

Spirituality: The Human Experience with The Very Reverend Dr. John Via – Nov. 4, 11, 18 from 10-12 in room 139

The focus of this course is a look into the phenomenon of spirituality, what it is and how it is manifested in human behavior: at major expressions of spirituality through recorded history of the world's peoples; and at contemporary directions of human spirituality. The purpose is an objective look at an important dimension of human experience and involves no judgment or advocacy of any form of spiritual expression. These classes will be offered on the phenomenon, its expressions throughout history and some contemporary spiritual directions.

Before his retirement, the Very Rev. Dr. John Via was Rector of the Episcopal Church of the Redeemer in Greensboro and the Episcopal Church of the Mediator in Washington. He is the former chair of the English Department at Mercer University in Atlanta. His PhD is from the University of Illinois-Urbana. His publications have dealt with the works of John Milton.

Volunteerism in Clarke County with various speakers – Oct. 27 from 9:30-12 at the Council on Aging

This course will be an introduction to volunteer opportunities in Athens-Clarke County. Various speakers from health services, school, library, performing arts, youth services, Recording for the Blind, and the Council on Aging will share ways that volunteers serve in their agencies. There is no charge for this meeting and refreshments will be served. The Athens Area Council on Aging is at 135 Hoyt Street, and parking is easily available.

LIR TRAVEL PLANS FOR EARLY FALL

The Travel-Study Committee has planned three trips in the early fall for your consideration. These trips are done at cost and offer a variety of destinations. Register early to assure a place on the trip. LIR's Refund Policy is that: "Refunds will be made to a member for a tour/outing/social event only if the notice of withdrawal/cancellation is received prior to the reservation date published for that event."

RICHARD B. RUSSELL AGRICULTURAL RESEARCH CENTER TOUR – Friday, September 12, 10-12 with optional lunch to follow at Chef Wolfgang's.

Transportation by private car.

This is a very popular and informative drive-yourself tour. The Center is the agricultural research arm of USDA. Their service centers on food safety. Projects include poultry processing, imaging techniques and sensory evaluation (taste). We will gather in the lobby for a short presentation, divide into groups to learn about the projects and meet back in the lobby for a wrap-up session. Everyone is invited to meet for lunch after the tour at Wolfgang's European Cuisine (1074 Baxter St).

There is no fee; lunch is "on your own" at Chef Wolfgang's. Please register by calling Janet Stratton at (706) 310-0153 by September 9 for the tour and indicate if you will be having lunch with the group. Your name will be on a list at the security booth so you can enter the Russell Building. The Russell Building is on College Station Road east of the River's Crossing Building (away from main campus) on the same side of the road. It is the next building, red brick on the hill, and there is a security booth in the middle of the drive. You will need to show a picture ID/Driver's license to enter. Parking is in the visitor's parking lot.

HIGH MUSEUM AND LUNCH AT MARY MAC'S TEA ROOM – Thursday, September 18, 8:30am to 4pm

Celebrate America with two fine exhibitions. *Ansel Adams and His Legacy* offers a new, multi-faceted look at perhaps the most influential photographers in the history of the medium. Visitors will enjoy a selection of 80 master prints of Adam's most important and best-known images. This is the first exhibition to emphasize how the renowned photographer changed his interpretation and printing of works over the years from the 1920's through the 1970's.

A Matter of Time: Edward Hopper from the Whitney Museum of American Art will also be on view. Edward Hopper's haunting nightscapes and interiors give a new view of modern urban America. The centerpiece of this focus exhibition is Hopper's famous *Early Sunday Morning* (1930), an icon in the history of American Art.

From the High Museum we will drive to Mary Mac's Tea Room (Classic southern cooking since 1945). Entrees are priced from \$10-\$20. **Lunch is not included in the registration fee.**

The registration fee is \$35.00 by August 28. Make your check payable to Learning In Retirement, Inc. (LIR), and send it to Roland D. Brooks, Jr., at 165 Hillsborough Dr., Athens, GA 30606. Because of the short time to sign up for this trip, you may call Janet Stratton for a reservation by the 28th and then mail your check. We will leave from the upper section, away from the plant nursery, of the Home Depot parking lot (near Epps Bridge Road and the by-pass – GA Loop 10) at 8:30am by bus and expect to return to Athens by 4pm. For reservations or questions, call Janet Stratton (706) 310-0153.

NORTH CAROLINA STEAM TRAIN EXCURSION – Wednesday, October 22, 8:30am - 9:30pm by bus.

Travel this fall through the scenic mountains, the historic Cowee Tunnel, old railroad towns, and the colorful countryside of Western North Carolina by steam train. The Murphy Branch Line was established in 1891. If we are lucky, there may be spectacular leaf viewing.

When we arrive at Dillsboro about 11:30am, the first stop will be the Jarrett House for lunch. The House is one of the oldest inns in Western North Carolina, built in 1884 by William Dills, founder of Dillsboro. We will have time to visit Christmas shops and craft stores and board the train at 1:45pm for a four-hour historic and relaxing train ride. A stop is planned in Bryson City with return to Dillsboro by 6pm. As the luxury motor coach returns to Athens, fruit cups, snacks and bottled water will be available. You may bring extra snacks if you wish. There will be a rest stop, but not a dinner stop on the trip back.

Park at Home Depot (Epps Bridge Road near the Athens by-pass – GA Loop 10) in the upper part of the lot (away from the plant nursery) and board the coach at 8:30am. Expect to return by 9:30-9:45pm. A list of travelers will be e-mailed or mailed a week prior to this trip to assist in car pooling. **The registration fee is \$78.50, which covers transportation, lunch, train trip and snacks, and is due September 17th.** Make your check payable to Learning in Retirement and mail it to Roland D. Brooks, Jr., 165 Hillsborough Drive, Athens, GA 30606. If you have questions, call Janet Stratton at (706) 310-0153.

SOCIAL COMMITTEE PLANS FALL LUNCHEON Thursday, October 23 at Hilltop Grille at 11:00

The first social activity for the year is a luncheon at the Hilltop Grille, a new restaurant at 2310 West Broad Street, just west of Alps Road. **There are four entrees from which to choose: two are \$14 and two are \$17.50 (price includes beverage, tax and tip). The date reservations are due is October 17.** Here are your choices:

- Hilltop Salad:** A spring mix with choice of bacon, cheese, egg, tomato, avocado, etc. topped with choice of steak, chicken, or shrimp. \$14 each.
- Steak Sandwich:** Served with sauteed onions, mushrooms, and jack cheese on toasted French bread, French fries or cole slaw. \$14 each
- Sauteed Garlic Shrimp:** Served over rice with choice of one side item (see list below). \$17.50 each.
- Grilled Lemon Pepper Chicken Breast:** Served with choice of two side items. \$17.50 each.

Side items: French fries, fresh fruit, baked sweet potato, cole slaw, side salad, vegetable of the day, onion rings, baked potato. Make checks payable to Learning in Retirement, Inc., and mail to Harriet Walden, 107 Ashbrook Place, Athens, GA 30605. Call Harriet with questions at (706) 549-9375.

HOLIDAY CELEBRATION ON DECEMBER 3 AT GEORGIA CENTER

Mark your calendar now for Wednesday, December 3 beginning at 6 o'clock for a Holiday Buffet with Roast Turkey and Roast Beef, assorted hot and cold vegetables, and dessert. The evening's entertainment will feature Tommy Jordan and the Fiddlebones Band. Watch for the details in the October Newsletter. You may invite non-member guests to attend with you.

UGA LIBRARY CARDS

Library cards are available to LIR members who request them on their membership form. You may also sign up for a card at the registration meeting or call or email the membership chair, Kay Hymo, at (706) 546-7127 or by email at hymo@athens.net. Be sure to include your name, address, and phone number. **The deadline for library card requests is Saturday, September 27.** The UGA library will be sent the list on September 29. You may go to the UGA main library and pick up your card after October 1. No one else can pick it up for you. Have a photo ID with you.

USING UGA PARKING PASSES: SOME NEW PROCEDURES

The University Visitor Parking Passes must be used when parking at River's Crossing. You will receive one pass for your first class session. You may pick this up at the Parking Pass Table at Registration, or we will mail it to you. The course coordinator for each course will have passes to give you for the other class sessions. LIR has to purchase these, so if you have any that you don't use, give them to someone on the board or mail them back to LIR, Inc.

You will need to punch out the year (along the left side 01, 02, 03); then the month (on the right side: SP, OC, NO, DE) and finally the date (at the bottom (#1-31)). *Ignore the F, E, P, C, G.* You can use a pen to punch them out. When you finish each class and leave the lot, put the pass in the box for them in the parking lot. Parking Services at UGA has warned that parking without a pass calls for a \$30 fine. (LIR does not pay these!)

LIR INTEREST GROUPS

LIR has a number of special interest groups that meet on a continuing basis. If one of them interests you, call the person indicated for details.

Bonsai Group – Charlie Ostick, coordinator. (706) 546-9211. He will notify current members; new members are welcome.

Bridge Group – Ken Friedrich, coordinator. (706) 208-0288. They play at the Council on Aging from 1-4:15 on the first and third Wednesdays. New members welcome.

Book Discussion Group - Nan Burks, hostess for September, (706) 227-9094. A new group is now forming.

Quilting Group – Sandy Jordan, temporary coordinator, (706) 546-8537. This is a new group forming to meet on the first and third Tuesdays from 1-3 in members' homes.

Stitch and Chat Group – Kay Hymo, coordinator, (706) 546-7127. This group meets on the first Thursday of each month at 10:00.

MID-ATLANTIC LIR CONFERENCE

October 19-21, Virginia Beach, VA

This conference whose title is "This is Your Life, Live It," is a part of the Elderhostel Institute Network. The program sessions are targeted for improving programs and management. More information is available at www.elderhostel.org/ein/midatlantic.pdf.



P.O. Box 49182
Athens, GA 30604-9182

