



Blue Ridge Center for Lifelong Learning

828-694-1740

February, March, April, 2022

Volume 23, Number 2

Shoulder Pain? Arm Pain? Don't Shrug it Off!

1 Session
Thursday
February 3

**1:00 - 2:30 p.m.
Sink Building
Room 233**

Member Fee: \$15
Non-Member Fee: \$20

Shoulder problems are sneaky and complicated. In this course, Dr. Suzanne Hall will help us sort out the causes of shoulder pain. The most common problems in the shoulder such as bursitis, rotator cuff tendinitis, and rotator cuff tears are typically felt on the side or front of the shoulder and send pain down the side or front of the arm. This course will identify common shoulder problems, identify how to recognize red flags and outline how to prevent injuries.

Suzanne Hall, MD came to North Carolina in 1999 and taught Duke Orthopedic Residents at the Asheville Veterans Administration for six years. She founded Appalachian Shoulder Specialists in 2005. Dr. Hall attended medical school at the University of Massachusetts, interned at Mt. Sinai Hospital in New York, spent her orthopedic residency at Bronx Lebanon Hospital (affiliated with Albert Einstein College of Medicine) and served a shoulder fellowship at the Hospital for Joint Diseases Orthopedic Institute in New York City. Dr. Hall practices in Hendersonville, NC.



Climate Change Posed By a Warming World and the Uplifting Awe of Nature

2 Sessions
Mondays
February 7 & 14

**1:00 - 3:00 p.m.
Sink Building
Room 233**

Member Fee: \$30
Non-Member Fee: \$40

How is it possible that nature and humanity will be devastated if the world warms a mere few degrees? This course will delve into that question, exploring the science of climate change, the arguments and organizations disputing its importance, and the many options available to blunt the worst of the impacts. To uplift and help remind us of what is at stake, each session will begin and end with awe-inspiring photographs and descriptions of natural wonders and amazing critters found on the seven continents.

Roger Helm worked for the U.S. Fish and Wildlife Service for nearly 25 years. He focused on assessing the impact of oil and other contaminants on wildlife and pursuing restoration claims against companies that harmed plants and animals or their habitats. Roger received his Doctorate Degree in Biological

Ecology from the University of California at Davis and his Masters Degree in Biology from Moss Landing Marine Laboratories in Monterey Bay, CA. Roger has co-authored a book on *Marine Mammals of California* and numerous other publications on marine birds and mammals, natural resource damage assessment and global climate change. Presently, he teaches about the effects of global climate change and works with organizations on solutions to this potentially catastrophic problem.



Course Schedule: February, March, April, 2022

Oedipus Rex
2 Sessions
Tuesdays
March 1 & 8

1:00 - 3:00 p.m.
Sink Building
Room 233

Member Fee: \$30
Non-Member Fee: \$40



Most people are familiar with the story of Oedipus, the tragic hero of Greek mythology who murdered his father and married his mother. However, this happened long before the opening of Oedipus Rex, the Athenian tragedy by Sophocles. The focus of the play is on the man in search of the murderer of the king, which becomes a search for his own identity. The questions raised will be: What, if anything, could have saved him? If the oracle is immutable, can we talk of free will? If "the truth will set you free" (John 8:32), does this apply to Oedipus? Whom do the gods choose to be the bearer of such horror - the best or the worst of human beings? Why? Does Sophocles justify the gods' behavior, or does he exalt human beings for their capacity to suffer for love's sake? Talking about nobility of character, can we make a comparison between Oedipus and Job? Christ? What is the relationship between father and son in Western culture? (Freud coined the concept of the Oedipus Complex.) These topics, among others, will be discussed over the two sessions of this course.

Please review this play. (It is available in any book store or library; any translation from the Greek is fine.) Bring the text to class and we will review it before discussing the issues. Lively participation will be encouraged.

Susanne Kimball is a retired literature professor, having received her Ph.D. in comparative literature from UCSD in San Diego, who has taught world literature on all levels both at UCSD and UTSA in San Antonio. Since relocating to Asheville, she has taught literature courses at BRCLL and OLLI, as well as being a docent for the Asheville Art Museum. Susanne has also been a feature writer for WNCWoman magazine.

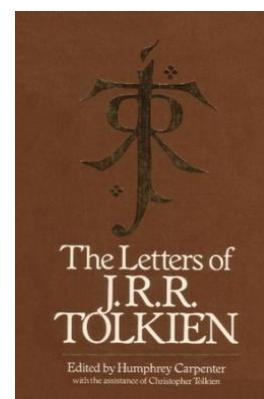
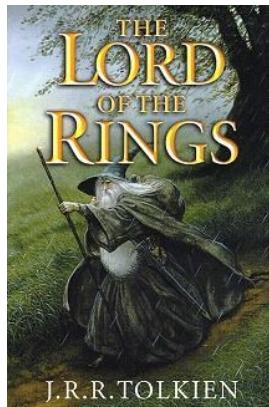
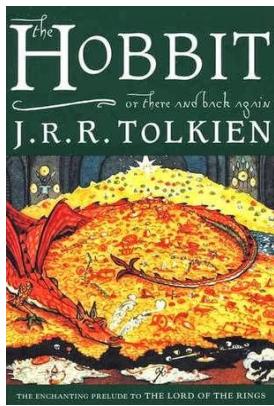
JRR Tolkien
1 Session
Tuesday
March 22

1:00 - 3:00 p.m.
Sink Building
Room 233

Member Fee: \$20
Non-Member Fee: \$30

Some people say that J. R. R. Tolkien reinvented the fantasy genre of books in the twentieth century. Other critics count him among the major authors of the century. This course will cover an overview of his life and his works. We will cover his interest in philology, how he started writing fantasy, his involvement with the writing group called the Inklings, and the biographical high spots in his life. There will be time for questions and comments. A few interesting Tolkien editions will be on display. According to a list on Wikipedia, The Hobbit, by Tolkien, is the fourth best selling novel in history, so Tolkien's life is certainly worthy of some attention.

Stan Shelley has been selling used and rare books for over twenty years, specializing in the group called the Inklings. There are nineteen writers considered to be Inklings members but without question Tolkien and C. S. Lewis are the two most popular. Selling rare books by these authors requires the bookseller to gain a helpful degree of knowledge about them.



Course Schedule: February, March, April, 2022

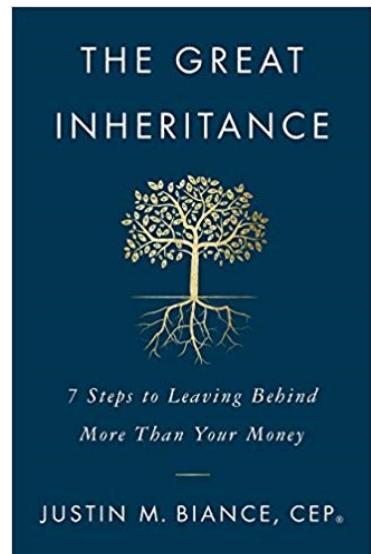
True Wealth
2 Sessions
Wednesdays
March 23 & 30

10:00 a.m. - Noon
Sink Building
Room 233

Member Fee: \$30
Non-Member Fee: \$40

When most people think about estate planning, they think of legal documents, attorney fees and the disposition of their financial assets. However, estate planning is about much more than this. It is about passing on who you are as well as what you have. In this two-session course, Justin M. Biance, Certified Estate Planner, will discuss ways of creating a plan that will enable attendees to not only pass on their wealth, but also their stories and personal legacies. Methods of capturing your story, encouraging good communication skills and reconciliation with heirs are some of the topics that will be discussed. Justin presented this topic for BRCLL several years ago. It was so well received we are bringing him back.

Justin M. Biance, CEP, is the author of *The Great Inheritance: 7 Steps to Leaving Behind More Than Your Money*. He specializes in Multigenerational legacy planning and creating tax efficient strategies for transferring wealth to heirs. Justin holds a Master's Degree in entrepreneurship from the University of Florida and a Master's Degree in theology from Holy Apostles College and Seminary.



The 1920s-A Short Cultural History, Looking Back after 102 Years

1 Session
Monday
March 28

10:00 a.m. - Noon
Sink Building
Room 233

Member Fee: \$20
Non-Member Fee: \$30

'The Roaring 20s', 'The Age of Ballyhoo', 'The Era of Wonderful Nonsense'; these are just some of the names given to the decade of the 1920s, a decade which began with the Women's Suffrage and Prohibition Amendments and ended with the Great Crash on Wall Street in the fall of 1929. The intervening years were unique in America's history. After years of idealism and sacrifice the country was ready to 'let its hair down' and have fun.

And have fun we did. With the movies and radio, the automobile and the airplane entering the mainstream of society, and with an 'anything goes' political and economic philosophy in place, American culture was rapidly subjected to new challenges. How we reacted will be the focus of this class. After a brief look at some serious issues and realities of those years, we'll look at the personalities, the entertainments, the fads, sensational events and scandals - in short, the wacky behavior of Americans at a time when the future seemed unlimited, and every day brought new adventures. Come on along for the ride! (This course was originally scheduled for 2020 but unfortunately was cancelled due to the COVID shutdown.)

Richard DeSimone is by profession a chemist, having had careers in both university teaching and industrial research. History has always been of more than casual interest to him, and American history in particular has been his main focus.

A quick look back

Course Schedule: February, March, April, 2022

Japan-Land of the Rising Sun

2 Sessions
Wednesdays
April 6 & 13

10:00 a.m. - Noon Sink Building Room 233

Member Fee: \$30
Non-Member Fee: \$40



Japan is a land of incredible contrasts: from neon skylines and ancient castles to peaceful shrines, bamboo forests, Zen temples and speeding bullet trains. There is even a Godzilla hotel! The Land of the Rising Sun never fails to fascinate. The culture dates back literally thousands of years with many of the oldest features withstanding the test of time.

If you have ever wanted an insider's look at Japan or have wanted to know what it's like to live and work there, this informal two-session course is for you. Some of the topics covered will be Japanese culture and etiquette, history, basic greetings, geishas, language demystified, education system, family structure, unusual foods, common misconceptions, and any other topics students may want to learn about. Students always find this class fun and interesting.

Dave Tannenbaum regards the 14 years he spent living, traveling and working in Japan as the greatest experience of his life. During this time he was employed by Marine Corp Community Services, where half of the staff were Japanese. Part of Dave's responsibility was to create and facilitate professional development classes, one of which was called *Cultural Awareness: Working with Your Japanese Counterparts*. The purpose of the workshop was to introduce Americans to Japan so as to diminish cultural misunderstandings and generally show Americans how to enjoy their time in the Land of the Rising Sun.

Prior to Japan, Dave lived in Washington State, where he taught grant writing and served as director of an Early Childhood Education Development Center, supported by a grant from the US Department of Education.

Dog Potpourri

Calling All Dog Lovers! Join us for a lecture and general discussion about our favorite companions. The topics will include choosing a dog for your lifestyle (especially seniors), potential issues, breed-specific insights and dog training. Learn about the differences between therapy and service dogs as well as what goes on behind the scenes in animal shelters.

1 Session
Monday
April 11

10:00 a.m. - Noon
Sink Building
Room 233

Member Fee: \$20
Non-Member Fee: \$30

There will be plenty of time for questions and answers.

Leslie Maier has 34 years of experience as an active Humane Society volunteer. She served on the Board of Directors of the Humane Society of Monroe, NY from 1986-2016, was an active volunteer with the Warwick Valley Humane Society, NY from 2010-2016 and is now with the Blue Ridge Humane Society. Leslie has trained her own five Shelties and a Havanese through group training sessions and has been doing pet therapy since 1993. Currently, Leslie is a tester/observer with the Alliance of Therapy Dogs and is the Founder/President of *Canine Therapy Partners-WNC*, which is a group of ATD-certified handlers.



Course Schedule: February, March, April, 2022

History of Henderson County from the 1990s

1 Session
Thursday
April 28

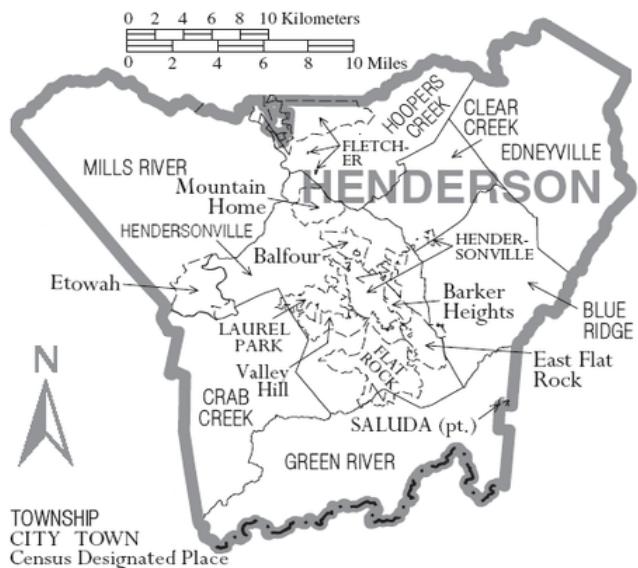
10:00 a.m. - Noon
Sink Building
Room 233

Member Fee: \$20
Non-Member Fee: \$30



The 1990s, or the "firestorm years", were perhaps the most volatile yet interesting years in the County's history. The first hour of this class will be devoted to that decade and cover the contentious land use controversies, the water wars, acrimony over schools, property rights vs. zoning, runaway development, and the winds of change. The second hour will cover the major events and trends of the last twenty-one years including politics, the struggle of new towns with their identities, public safety, road issues, industrial and agricultural development, and the issues that are still making news in Henderson County today.

Matt Matteson has a background in local Government, serving as city manager in three towns in North Carolina and as Henderson County's planning director from 1989 to 1999. Subsequently he was Director of Planning and Research at Blue Ridge Community College, retiring in 2010. Matt is a contributing writer for the *Hendersonville Lightning*. He holds a BS degree from East Carolina University and an MPA degree from Golden Gate University. Matt has previously presented to BRCLL.



BLUE RIDGE CENTER FOR LIFELONG LEARNING WOULD LOVE TO HAVE YOU JOIN OUR VOLUNTEER TEAM!

Looking for a volunteer opportunity to work with enthusiastic, dedicated and interesting people? Blue Ridge Center for Lifelong Learning is just the place for you.

Our organization is volunteer run with minimal staff help. Volunteers are needed to assist with programming and researching possible topics which includes helping to plan and develop courses.

Members brainstorm class ideas at monthly ZOOM meetings, then seek out those qualified to present to the membership. The committee meets monthly on the first Tuesday at 9:30 a.m. except December.

Please call (828-694-1740) or email brcll@blueridge.edu for more information.



Course Schedule: February, March, April, 2022

**We welcome new members!
Please tell your friends about
Blue Ridge Center for Lifelong Learning.**

A membership application can be found on page 8.

Center for Lifelong Learning Board of Directors

Mary Johnston Joan Kershner Matt Matteson
Carl Schoendorfer Laurel Ela

Mission

We are committed to nurturing intellects, inspiring imaginations, and expanding the horizons of adult lifelong learners.

Vision

Through our educational and culturally diverse offerings and opportunities, we expand the minds and inspire the imaginations of our adult lifelong learning members plus enhance the quality of life in our community.

Values

We are inclusive. In all that BRCLL does, we create an atmosphere that is welcoming and open to all who want to benefit from and enjoy our programs and services.

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Blue Ridge Center for Lifelong Learning is committed to creating a sense of community, focusing on individual enrichment and growth, ensuring excellence and innovation to benefit our members and enhance the quality of life in our community.

### **Important Information**

The BRCLL coordinator is part-time and office hours depend on many things, including class schedules. In general, the office is open from 9:30 a.m. to 3:30 p.m., Monday through Thursday. Messages can be left at **828-694-1740** and email (**brcll@blueridge.edu**). Messages can be left at any time and are returned as soon as possible.

If the College is closed for weather-related issues, all Lifelong Learning programs scheduled for that day are cancelled. If BRCC is on a delayed opening, afternoon BRCLL courses will take place. Closing information is broadcast on local radio and television stations. You can also call the College at **828-694-1700**.

### **For members needing special assistance with parking**

Handicapped parking is available in front of the Sink Building.

Remember to bring a sweater if you tend to get cold as the temperatures in the rooms vary.

# COURSE REGISTRATION: Form Must Be Mailed

**ONE FORM PER PERSON - The information in this box is required by the college.**

**NOTE - ZOOM CONFIRMATIONS WILL BE EMAILED 1-2 DAYS PRIOR TO CLASS.**

**Name:** \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_ Phone: \_\_\_\_\_

**Address:** \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State/ZIP \_\_\_\_\_

**Email (Required):** \_\_\_\_\_

*The following information is required by NC State Board of Community Colleges.*

**Employment Status:** Full Time \_\_\_\_\_ Part Time \_\_\_\_\_ Retired \_\_\_\_\_ Do Not Work \_\_\_\_\_

**Highest Level of Education:** High School \_\_\_\_\_ 2-Year College \_\_\_\_\_ 4-Year College \_\_\_\_\_ Higher \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Please mark circles to indicate your course registration choices. If you need to drop a course, all requests must be in writing (email or mail) and received PRIOR TO the start of the course.**

|                             |                                                                            |                      |              |
|-----------------------------|----------------------------------------------------------------------------|----------------------|--------------|
| <input type="radio"/> 67080 | <b>Shoulder Pain</b><br>2/3<br>1:00-2:30 <b>Sink 233</b>                   | Member<br>Non-Member | \$15<br>\$20 |
| <input type="radio"/> 65844 | <b>Nature &amp; Climate Change</b><br>2/7, 14<br>1:00-3:00 <b>Sink 233</b> | Member<br>Non-Member | \$30<br>\$40 |
| <input type="radio"/> 65845 | <b>Oedipus Rex</b><br>3/1, 8<br>1:00-3:00 <b>Sink 233</b>                  | Member<br>Non-Member | \$30<br>\$40 |
| <input type="radio"/> 65846 | <b>JRR Tolkien</b><br>3/22<br>1:00-3:00 <b>Sink 233</b>                    | Member<br>Non-Member | \$20<br>\$30 |

|                             |                                                                   |                      |              |
|-----------------------------|-------------------------------------------------------------------|----------------------|--------------|
| <input type="radio"/> 65847 | <b>True Wealth</b><br>3/23, 30<br>10-Noon <b>Sink 233</b>         | Member<br>Non-Member | \$30<br>\$40 |
| <input type="radio"/> 65848 | <b>Looking Back</b><br>3/28<br>10-Noon <b>Sink 233</b>            | Member<br>Non-Member | \$20<br>\$30 |
| <input type="radio"/> 65849 | <b>Japan</b><br>4/6, 13<br>10-Noon <b>Sink 233</b>                | Member<br>Non-Member | \$30<br>\$40 |
| <input type="radio"/> 65850 | <b>Dog Potpourri</b><br>4/11<br>10-Noon <b>Sink 233</b>           | Member<br>Non-Member | \$20<br>\$30 |
| <input type="radio"/> 67197 | <b>History of Hend. County</b><br>4/28<br>10-Noon <b>Sink 233</b> | Member<br>Non-Member | \$20<br>\$30 |

## FOR OFFICE USE ONLY

**Student ID #** \_\_\_\_\_

**Receipt #** \_\_\_\_\_

## **Mail registration to:**

**Blue Ridge Center for Lifelong Learning, 180 West Campus Drive, Flat Rock NC 28731**

For courses, each member must enroll individually, **one form per person**. You may write one check for all courses made payable to Blue Ridge Community College, "BRCC." Unless you are notified to the contrary, your registration has been accepted. Refunds must be requested in writing *before a course begins*. No refunds will be issued after a course begins. Pursuant to College Procedure 8.1.1 Blue Ridge Community College reserves the right to use photographs, motion pictures and electronic images of students who are age 18 or older for marketing and promotional purposes. Objection to the use of an individual's photograph in such a manner may be made in writing to the Blue Ridge Community College Director, Marketing and Communications.

## **PAYMENT INFORMATION**

**Total Amount Enclosed:** \$ \_\_\_\_\_

**Check**       **Cash**       **VISA**       **MC**       **AMEX**

**NOTE: Credit Card payments are not permitted by phone or fax. Form must be mailed in.**

**Card Number** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **Expiration Date** \_\_\_\_/\_\_\_\_ **Security Code** \_\_\_\_\_

**Card Holder Name (Please Print):** \_\_\_\_\_

**Signature:** \_\_\_\_\_

# New Member Application - 2022



**Strengthen your mind, expand your knowledge and widen your horizons** - join the Blue Ridge Center for Lifelong Learning (BRCLL) and take part in opportunities for education and enrichment through a variety of classes. BRCLL is committed to nurturing intellect and inspiring imagination. Adults 50 and older having an interest in the mission and activities of BRCLL can become a **LIFETIME** member for a one-time fee of \$70 for both seated and on-line classes or \$35 for on-line classes only. Membership benefits include a wide range of courses offered throughout the year and the BRCLL newsletter.

**Make check payable to BRCC or fill out credit card information below and mail to:**

**Blue Ridge Center for  
Lifelong Learning  
180 W. Campus Drive  
Flat Rock, NC 28731**

**Please Note:** BRCLL respects your privacy and will not sell or share your email information with third parties. All information requested is required by the state for college records. The NC State Board of Community Colleges requires the following information for all students.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Highest Level of Education: \_\_\_\_\_

Employment Status:  Retired  Full-time  Part-Time  Do Not Work

Yes, I would like to receive email updates and information from BRCLL.

I am interested in helping plan courses. Please contact me with information on the BRCLL Program Committee.

## Help Us Plan - Member Profile

How did you hear about Blue Ridge Center for Lifelong Learning:

Social Media (Facebook, Twitter, etc.)  Newspaper  Radio  Friend  Other

Primary career field and expertise: \_\_\_\_\_

Would you be interested in teaching a class? \_\_\_\_\_ If yes, what subject? \_\_\_\_\_

## PAYMENT INFORMATION

Total Amount Enclosed: \$ \_\_\_\_\_  Check  Cash  VISA  MC  AMEX

**NOTE: Credit Card payments are not permitted by phone or fax. Form must be mailed in.**

Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date \_\_\_\_ / \_\_\_\_ Security Code \_\_\_\_\_

Card Holder Name (Please Print): \_\_\_\_\_

Signature: \_\_\_\_\_