As a parting message to LLI members, Myers said, “thank you for sharing your life experience in a way that has been very positive. You bring a gift to the community and I hope you continue to do that.”

...written by Scott Einsmann, LLI intern

Research and Intergenerational Opportunities for LLI Members

JMU Auditory Perception Research Lab is seeking participants between ages 21 and 80 who do not have a history of ear surgeries or neurological disorders. Research is being conducted to understand why older adults have difficulty understanding speech in background noise. Procedures include a hearing test, listening tests, and non-invasive brainwave recordings. If you qualify, there will be a one-time visit of approximately four hours. You will be paid for your participation at the rate of $10.00 per hour of participation. For additional information, please contact Chris Clinard, Ph.D., CCC-A, clinarcg@jmu.edu, 540–568–3637

http://www.csd.jmu.edu/auditoryperceptionlab.html

Dr. Sean McCarthy teaches in the JMU school of Writing, Rhetoric and Technical Communications. His class is working with the Harrisonburg Downtown Renaissance this semester on a photovoice project that includes an interactive map of Harrisonburg sights and points of interest. He hopes to pair up students with Harrisonburg residents to go to specific places of interest to the community resident. They would take photos, and record the participant’s memories about the area for publication on the Harrisonburg Downtown Renaissance site in an effort to bring a more local and personal feel to the downtown area. If you are interested in participating, Dr. McCarthy can be reached at 504-717-1912. (Yes, 504)
MONEY TALKS!

(Reprinted from an address given by Judy Liss, JMU-LLI Advisory Board President at the Spring Semester Preview, January 10, 2013)

We’ve had an exciting autumn. Director Nancy Owens, Ann Myers, Knute Leidal and I represented JMU-LLI at a meeting with new JMU President Jonathan Alger. It was an honest and interesting conversation about who we are, what we do, and how we are involved in JMU activities as well as community programs. We told him we are the connection between town and gown. We discussed our relationship and importance to the university with President Alger and presented our needs. Nancy pointed to the programs that we are involved in with JMU students. There was a discussion about possibly mentoring students for help with their professional goals.

President Alger was also interested in how we finance LLI. We informed him our funds are provided by membership dues and class registration fees, as well as an annual subsidy from JMU. We pointed out that Nancy, our director, spends a great deal of her time and energy securing locations for classes, free of charge; however, these venues do not always have the proper equipment. We pay teachers a minimum stipend for instruction. Many lifelong learning institutes, including those in the Osher Lifelong Learning Institute network, raise funds from their membership as well as the public at large. When we apply for grants and to foundations, one of the questions asked is whether our members are asked to donate financially. The answer has been NO, so far.

That brings us to the point of this talk. We have been working with the Small Business Development Center as well as with the JMU Development Office. If we are to continue to grow and provide the variety and quality of classes we have come to enjoy, as well as the free “brown bag lunch” programs, we need private support. Those of us who have enjoyed classes, have traveled, or gone to our Forbes Center events understand the importance of LLI. The knowledge, insights, social contacts and friendships we have gained have enriched all of our lives. As we look to the future, we are asking for your support. Your donation will support LLI and benefit each and every one of us individually. With your support we also hope to improve our class facilities.

Ann Myers, head of the JMU Social Work program, has established a special account to collect donations, have them accumulate, and be used to benefit LLI.

Stop and think about it and how much you value LLI. We are encouraging annual donations, long-term pledges, inclusion in estate planning, donations to celebrate special occasions, and memorial gifts. Donations will never be a condition of membership or of leadership, but will always be greatly appreciated. Remember, these donations are tax deductible.

In conclusion, I recently read Ray Bradbury’s Fahrenheit 451, and one of the characters speaking to another expresses it better than I can. I’ll paraphrase: Everyone must leave something behind - a book, a house, a garden: something you touched, some way. It doesn’t matter what you do, so long as you change something, from the way it was before, into something like you, after you take your hand away. This is your opportunity to leave your handprint on LLI!
Hillwood Estates, Museum & Gardens

In 1955 Marjorie Merriweather Post, the legendary heiress to the Postum Cereal Company which became the General Foods Corporation empire, purchased this 25-acre estate which had been built in the 1920s, overlooking Rock Creek Park in Washington, DC. Over a two-year period she had the home enlarged to suit her lifestyle and function as a museum setting for her extraordinary art collection that she envisioned eventually opening to the public. When she passed away in 1973, she gifted this estate she called "Hillwood" to the Smithsonian. It proved to be too much to manage, so it is now under the aegis of the Marjorie Merriweather Post Foundation.

On a beautiful Tuesday, September 25, 2012, twenty-five members had the pleasure of spending the day enthralled with guided tours of the mansion, sculpture gardens, and special exhibits. We spent one hour touring the mansion filled with incredible treasures of exquisite European furnishings, as well as the most comprehensive collection of Russian imperial art outside of Russia and a world-renowned collection of 18th Century French decorative art and furnishings. The collection includes Faberge eggs, Russian Orthodox icons, Beauvais tapestries, Sevres porcelain, and historical portraits. We can now understand why it is considered one of the premier art collector’s museums in the U.S. Walking through the gardens was an ever-changing delight as we passed through a rose garden, the Lunar Lawn, a formal French parterre, and a Japanese-style garden...and also had a chance to visit the greenhouses where we saw an extensive collection of exotic orchids. After lunch in the cafe, we browsed the gift shop and saw a video of her life at the Visitors Center. A special exhibit "Pret-a-Papier" contained elaborate period gowns made entirely of paper by a Belgian artist Isabelle de Borchgrave. A very worthwhile trip, you can see more at http://www.hillwoodmuseum.org/.

Report & photos by Rosemarie Palmer -- more photos on page 8

Thirty-five members traveled to Richmond to see the Chihuly Art Glass Exhibit at the Virginia Museum of Fine Arts on Thursday, November 1, 2012.

Several rooms in the McGlothlin Wing provided a dramatic setting for showcasing his unique and colorful glass art forms, all different and all very striking in size and arrangement. As we moved from room to room, we marveled at the breathtaking displays of colorful and intricate glass shapes artfully arranged and lighted. This exhibit included many iconic works for which Chihuly is known---Ikebana, Mille Fiori, Chandeliers, Venetians, Boats, and Persian Ceiling---taking advantage of the soaring atrium and reflecting pools.

Dale Chihuly is credited with revolutionizing the Studio Glass movement and elevating the medium of glass from the realm of craft to fine art. His world-famous studio is in Seattle, Washington. This was his third major U.S. museum exhibition in recent years, with record-breaking crowds in San Francisco and Boston previously.

Videos of the artist and his work are available on YouTube.com.

Report by Rosemarie Palmer & Photos by Sharon Plowman - more photos on page 8
Old Time Front Porch Mountain Music: by Jim Lawson

LLI members, Tom and Jan Scanlan, shared their dulcimer talents and knowledge during an LLI class field trip. In addition to Tom’s musical talents, he is an accomplished fretted dulcimer builder, including historic reproductions, some of which he and Jan demonstrated and played for the class “Legends of the Blue Ridge.”

Since the dulcimer has a traditional and rich southern Appalachian history, Tom and Jan wanted to take advantage of the log home setting for their presentation. To the class members’ surprise, the Scanlans were in full concert when the class arrived. The moment the members stepped out of their modern vehicles, they found themselves transformed back to a time and place when front porch music was a way of life. It was a heart warming experience for all in attendance. The mood created by the mountain scene added to the nostalgic moment.

Tom and Jan displayed various types and shapes of fretted dulcimers. The teardrop and hourglass are the two most common shapes. They also demonstrated how the traditional three stringed instrument, has evolved over the centuries. The instruments are often played with a turkey quill as a pick. Tom explained how “the instruments were a perfect match for the old hymns and folk songs of the times.” The Scanlans demonstrated this point by playing “Sweet Hour of Prayer” and several folk songs including “Angelina Baker”, “Fly Around My Pretty Miss” and concluded with “Oh Shenandoah.”

“Oh Shenandoah” is “probably one of America’s most recognized folk tunes” according to the Library of Congress’ “Songs of America Project.” The song is also a perfect match with the dulcimer’s range, according to Tom and was a perfect fit with the overall theme of the class.

Yoga, Pilates, and Tai Chi for Life

You don’t have to understand the theories behind these three meditative exercises, especially if your teacher is Catherine Thornton. She explains, demonstrates, and watches the participants and changes the music as she changes approaches. All of us in the class were made aware of the importance of breathing correctly and moving our bodies, slowly and methodically, while being careful of trying too hard and putting too much strain on our joints and muscles. Some of us discovered muscles we didn’t know we had.

We were in the class for a variety of reasons—some to lose weight, some to keep ourselves moving, some to form the habit of suitable, healthy exercise, some to reduce stress, some out of curiosity, and some just to have fun. And it was fun—and we all felt quite virtuous that we were exercising, gaining confidence in what our bodies could do while recognizing what we as individuals could not attempt. The pacing was just right for us—we were challenged but not over stimulated. Try it sometime if you have a chance. ........written by Betty Hoskins

FREE AARP TAX HELP: A volunteer-led program specializing in senior citizen issues and low-to-moderate income families. Tuesdays & Saturdays from February 2 until April 13. Times are 8:30 to 11:30 AM and 12:30 to 3:30 PM on Tuesdays and 9 AM - 2 PM on Saturdays. Location is the Gilkerson Community Activities Center in Westover Park off Dogwood Drive in Harrisonburg.
March 5: Volunteering: A Healthy Habit
Is volunteer service the secret Fountain of Youth? Learn how starting and maintaining an active volunteer life can lead to a longer, healthier happier life.

March 19: "The Ice Road: From the Stalinist Labor Camps to Freedom"
Stefan Waydenfeld’s memoir deals with the deportation of some 1.5 million Polish citizens to labor camps in Siberia. The author was 15 when he and his parents were sent to Siberia, where he helped build and maintain an ice road. Alice Faintich, daughter of the author, will review the book.

April 2: Leaders in International Friendship Exchange (LIFE)
LIFE matches JMU international students with individuals and families in the local community to facilitate friendship and cultural exchange through informal interaction. JMU is looking for dedicated community volunteers to participate.

April 16: Archaeology at the White House (Page Valley, that is)
The White House, located along the South Fork of the Shenandoah River five miles west of Luray, is one of the Shenandoah Valley’s most recognized landmarks. Dr. Carole Nash, Assistant Professor in the Department of Integrated Science and Technology, is a specialist in the archaeology of the Appalachians.

**SUNNY TRIPS!**

**History Tour of Dayton**, Thursday, March 7, leaving from Blue Ridge Hall

**International Spy Museum**, Washington DC, Thursday, April 25th
Go deep inside the shadowy world of espionage and discover 50 years of spy technology: invisible ink, buttonhole cameras, ingenious disguise techniques, and bugs of all kinds. Enjoy artifacts, documents, and audiovisual presentations from the Civil War into the 21st century. Cost is $67 per person, with payment and registration due by March 19, 2013.

Time is ticking, but you can still register for several B and C session classes - check the spring online schedule or in the spring booklet. The following classes are closed: Computer Maintenance, From Allah to Oil, Hot Rods for the Gods, Secret Lives of Wildflowers, and Legends of the Blue Ridge.

Don’t forget the one day Summer Sessions classes!
Eastern European Orthodoxy Iconography, Part II; cost is $10.50 on June 5th
Moonlight Reflections by the Lake - Oil Painting; cost is $14.00 on June 25th
Hands Only CPR - AED; cost is $10.00 on July 31st
The house pictured above was built in Pennsylvania; taken apart and rebuilt in the Shenandoah Valley several years ago. The house below is indeed a log cabin, although the exterior look is deceiving. The existing family cemetery to the left fell within the new boundaries of the Shenandoah National Park; when this lot is filled by relatives of the original family, it will then revert to the Park in perpetuity.
Welcome to New and Returning Members!

Bridgewater: Becky and J.D. Glick, Doris MacDaniel, Kay and Fletcher Bingham, Emily Matson, Pat Creange.

Broadway: Susan Olson.

Dayton: Dawn Glick.


Luray: Christine Johnson, Lisa Johnson, Mark Johnson.

Massanutten: Janice Bridges.


Middlebrook: Carol Austin.


New Market: Yolanda Janocka, Gerald White.

Penn Laird: Susan Gatling.

Staunton: Connie Doebele, Becky Kohler, Catherine Ufford.

Verona: Debra Wright.

"The Explorer" Newsletter committee members: Betty Hoskins, Chair, Chris Edwards, Nancy Endress, Rosemarie Palmer. Ad hoc: Nancy Owens. Please let the LLI office know if you would like to contribute to the newsletter.