



COLLEGE of
CHARLESTON

SCHOOL OF
PROFESSIONAL STUDIES

CENTER FOR CREATIVE RETIREMENT

FALL/WINTER 2018

Keep Swimming Through The Rough Stuff

Submitter Deidre Goldbogen



Keep swimming through the rough stuff! It's a sure bet, if you were in attendance for Kathleen Wilson's talk at our fall speaker series, you came away, amazed, invigorated and maybe taking a few extra deep breaths! Kathleen Wilson was recently honored as one of only seven people inducted into The South Carolina Athletic Hall of Fame, Class of 2018. She is well known in our community for her work as concert Harpist with the Charleston Symphony Orchestra, former Charleston City Council member, and as an accomplished marathon swimmer. She brought marathon swimming home to South Carolina in 1997 with her first long swim around Key West, Florida. She has completed more than a dozen marathon events since 1997. This includes swimming the English channel and The Straits of Gibraltar in Spain. Kathleen recently received notification that she is the first female in history, second overall, to complete the Grand Slam of Marathon Swimming-that is crossing the English channel, Manhattan Island, Catalina channel AND Tampa Bay! She said her longest and toughest swim lasted 21 hours in Molokai HI- the ocean tides are a tough opponent! All this with no protective wet suit - just cap, swimsuit, goggles, earplugs (to protect against hearing loss from cold) and grease to prevent chaffing. One might ask - with all the current medical brain studies - what is it that enables an endurance athlete to go those extra miles to achieve? Wilson presented stories and photos of the many challenges she endured that ultimately earned her that title of accomplished marathon swimmer. The audience was asked to imagine asking our body to swim for 10 to 12 hours in the harsh conditions of an open ocean with jellyfish stings, frigid water and heavy weather. She explained the complex planning, focus and assistance of friends and family required for each marathon swim...establishing needed papers, coaching, assistance tracking conditions, and assistance providing water and nourishment during the long hours of physical and mental ultra endurance. She continues her dedication and love of competitive swimming by teaching our next generation of swimmers. Seven years ago, Wilson started the 12 mile Swim Around Charleston. It is for beginners or those who want to test their abilities. It is her way of giving her love of long distance swimming to the Charleston community. With all this, she is also a proud Mom. Her daughter is a Naval Academy graduate and Navy pilot and her son graduated from the Citadel and will undertake Navy training. At 55 she continues playing her harp and enjoying the swim. She says "there's tremendous self-satisfaction in knowing you've overcome" and that "there is still gas left in the tank!" Congratulations to Kathleen Wilson on her induction into the South Carolina Athletic Hall of Fame! CCR was delighted to have such an accomplished and motivating speaker. I know for sure that I am headed to the gym pool for a few laps today ...swim, swim, swim. Keep Swimming through the rough stuff.

EAT, DRINK AND BE MERRY – THANKS TO OUR SOCIAL COMMITTEE

Submitter Catherine Langlois



Our Social Committee is keeping us all well fed and happy under the new leadership of Carol McLaughlin. Committee leaders Maxwell Mowry and Mary Hartwell “retired” after a five-year term and Carol now coordinates and organizes our 30-minute gathering between lectures. With Committee members Mary Rzepkowski, Barbara and Frank Dugas and Elizabeth Ann Allen, Carol arranges for food, drinks, and supplies every Monday afternoon. They prepare hot and cold beverages; purchase and prepare the fruit trays; assure there is a sampling of sweet and savory items, including cheeses, crackers, nuts, chips, cookies and candy. And happily, there is always someone who brings in a special treat to share. Taking care of others is something that Carol has been doing for years. A native of Hartford, Connecticut, Carol set out to Oberlin College and Harvard School of Public Health. She pursued animal health issues working at Smith Kline Pharmaceuticals and at University of Pennsylvania School of Veterinary Medicine, while she obtained a Masters and Ph.D.

She moved to St. Louis where she did academic research and then joined the animal growth performance group at Monsanto for 13 years. Carol later worked at Pfizer Animal Health, improving growth performance and health improvement in animals around the country and in England. In fact, she has taken care of goats, sheep, five black cats over 30 years (one lived to be 21 – drinking age?), beef and dairy cattle, and pigs ????, Carol moved down to Charleston for warmer weather and to help her nephew who runs The Park Café. Travel is her love with trips to every continent, except the cold ones. Carol is active with the Lowcountry Senior Center on Johns Island, particularly the photography club and wine tasting group. We are certainly lucky that Carol is in charge of our care and feeding - her background, experiences, and joy of giving shine through every Monday afternoon. She thanks all who donate \$1 each Monday to help with purchases, and would very much love to have more volunteers to join her committee and keep us well fed. Thank you, Carol.

(Former Social Committee Member)

Edith Crane’s Famous Fruity Cheese Ball Recipe Reprinted

8 oz. cream cheese 2T. sherry 1 c. shredded cheddar cheese 1/4 c. dried apricots chopped fine
1/2 cup chopped green peppers 1/2 tsp. grated orange rind 1/2 c/ chopped pecans to coat ball

Our Wonderful Filipino Dancers

Submitter Judy Murdoch

“The diaspora of young Filipino men came about with the U.S. and the Republic of the Philippines agreement to recruit citizens of the Philippines for voluntary enlistment in the United States Armed Forces under the Military Bases Agreement. We came mostly for upward mobility and better living conditions. The stipulation was only high school graduates could apply for enlistment because the Philippine government wanted to avoid a brain drain if the college educated men would join the U.S. Armed Forces. Truth be told, conditions were so bad in our country with corruption and martial law among other crimes, most of us who enlisted had some college education. Some had four year degrees, some were lawyers, professors and holders of doctorates who saw a better future in the United States. Along with this came our spouses, parents, brothers to increase our presence in the country. Charleston tricounty has approximately 3000 Filipinos living in the area with the majority concentrated in Goose Creek owing to the Naval Weapons Station and the now defunct Naval Base and Shipyard .” (Jimmy Gaspusan) Hiyas-Min at 8747 Salamander Road in North Charleston is the Phillipine Cultural Society of Charleston. Founded in 1981. Jimmy (a member of CCR) was its founder and first president.

I asked after reading an article in the Post and Courier where Jimmy would say to go to sample the cuisine. He says that Mei Thai serves the most authentic food. Oriental Cuisine on Rivers and Formosa restaurant in Ladson also serve this cuisine. Some favorite dishes are kare-kare (ox tail with vegetables in a peanut flavored sauce), lechon (roasted sucking pig cooked on a spit until crispy), and sinigang (fish in sour broth with vegetables.) Desserts would include leche flan, puto (steamed rice flour) and halo-halo (fruit like with shredded young coconut.) And eating with fingers without utensils is natural.

The dancers will be a treat at our holiday luncheon. They performed once before for us and are back by popular demand. Other than performing for us, they have performed at Piccolo Spoleto, the North Charleston Art Festival, military bases, hospitals, schools and universities. Their state performances have included Columbia, Beaufort, Hilton Head, Greenville and Florence. The Cultural Society is a 5013C group and they also do much work to fund raise for others. One of their charities is the Ronald McDonald house.

Again, this performance should be a real treat. Members I know that will perform are Carmen Malanug, Estelita Monroy, Violeta Arcalas and Lina Calub. Come and enjoy and be sure to tell them how much you appreciate their dancing.



COLLEGE of CHARLESTON

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sps.cofc.edu/personal-enrichment/center-for-creative-retirement

Or visit our blog at

Blogs.CofC.edu/CCR

Meetings held from September to
May

Mondays at 1:00 pm

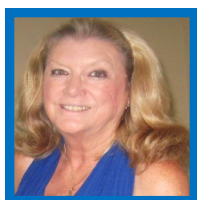
College Charleston North

Visit for no fee for two meetings.

Two semesters: \$50

(September -May)

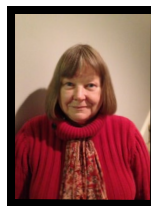
One semester: \$30 (Jan.- May) or
(September-December)



Judy Murdoch:
Newsletter Editor

The Charleston Academy for Lifelong Learning

Submitter Diana Barth



The Charleston Academy for Lifelong Learning (CALL) will celebrate its first anniversary next February. CALL offers a series of four- to six-week classes to both CCR members and to the general public. It has offered three terms to date: winter, summer, and fall. It is run by a committee of Center for Creative Retirement members and reports directly to the CCR board.

CALL was modeled after lifelong learning institutes (LLIs) across the nation. LLIs have proved so popular in some cities that realtors tout the programs as reasons for seniors to move to their areas. Lifelong learning institutes allow participants to both take and facilitate classes, sharing ideas and passions with like-minded peers.

CALL's classes meet during the day at the College of Charleston's North Campus. A small fee charged each term (\$25 for CCR members) goes to the College, which provides classrooms and admin support for the program.

To date, students have learned all about wine (and done some sampling outside of class), been introduced to the ghosts of Charleston (and taken a ghost tour), have explored satellites, Hubble telescope images and iconic art. They've worked with acrylic paint under the guidance of Wendy Fish, joined a squadron of WWI pilots to learn how aerial warfare developed, and much, much more.

This Winter Term (Feb. 18 -April 5) will include a Poetry Workshop and conversational German, both facilitated by Waltraud Bastia, along with a class exploring the aging brain. We'll also offer a class for amateur astronomers with Cale Shipman and an exploration of physics in everyday life with popular CCR presenter John Preston. We'll have a preview of all courses on Monday, February 4.

CALL has the format and the room to grow. CCR members on Facebook can find and share us at www.facebook.com/CAforLifelongLearning/. Registration will be in person at CCR meetings, online, and via email at CAforLifelongLearning@gmail.com. For many participants, CALL has proved to be a wonderful way to learn and make friends.

The photo below shows CALL's Fall Term video-editing class. As facilitator C. Tony Young instructs John Barth, CCR Member Bill Greenhill takes video.

