

Brown Bags, May - August, 2019

The Blue Ridge Center for Lifelong Learning offers a fun and informative way for you to spend your lunch hour with our Brown Bag Lunch program. All Brown Bag programs are **open to the public**, so it's a great way to share time with old friends and meet new ones. Bring whatever lunch munchies make you happy and join in the discussion. Preregistration is advised.

Keeping Positive Through Change

Wednesday, May 15
11:30 a.m. - 12:30 p.m.

**BRCC - Room 150
Patton Building**

Member and Non-Member Fee: \$5

The only thing that is constant is change; and things have been changing at lightning speed. As we grow older, our sense of time changes and weeks, month and years seem to fly by. Some change is perception and some is reality. We are only in charge of how we deal with it. All change is a loss: we must first become aware of the loss and how we handle it. During this presentation, you will learn how to:

1. Be aware of what perception is,
2. Understand the sources of change,
3. Manage yourself,
4. Lessen the stress of change, and
5. Embrace the process.



You will come away knowing what you are doing that you should stop, what you are not doing that you should start doing, and what you are doing that you should do more of!

Yetta Lautenschlager has a background in teaching, mental health, employee assistance and life coaching. She has presented seminars and workshops in the US and Europe. Her favorite seminar is this one on change, which she has presented to various groups.

NASA Spacecraft Tracking Through the Eyes of a 30-Year Veteran

Monday, July 22
11:30 a.m. - 12:30 p.m.

**BRCC - Room 150
Patton Building**

Member and Non-Member Fee: \$5

This Brown Bag will review and present the NASA Tracking Network history from the 1960s to today in support of the Manned Space Flight and Scientific Satellite Programs and its growth/modification to handle all Low Earth Orbit Satellites. This includes the Gemini, Apollo and Space Shuttle programs.

Raymond Davis is a 30-year employee of the NASA Goddard Space Flight Center in Greenbelt, MD. His initial position was as the Network Operations Manager in charge of mission support teams to ensure the tracking network stations' support to the Gemini, Apollo and Space Shuttle flights, and grew in responsibilities from there. This time frame included the manned landing on the moon in July 1969, which many of us can recall with awe. Ray is a veteran of the US Air Force as an air traffic controller, including time in Yokota AB, Japan. He is also a pilot and currently serves in the Civil Air Patrol as a Mission Pilot, Instructor and Check Pilot in Asheville.



Brown Bag Registration

Name 1: _____		
Name 2: _____		
Email (or phone): _____	Price	Total
Positive Through Change, May 15	\$5 x ____	
NASA Spacecraft, July 22	\$5 x ____	