

NEW HORIZONS

where learning and friendship come together

WINTER
TERM
BEGINS
JAN. 7,
2026

UPCOMING EVENTS

- January 7, 2026 - Opening Day
- January 21 - Lunch served following program on The Mediterranean Diet
- February 13 - Valentine's Day Celebration
- February 20 -ASO Coffee Concert
- March 19 - Spring term begins
- May 9 - Spring term ends

President's Message

Greetings, Fellow New Horizoners,

As we prepare for the holidays and the oh-so-soon coming of our Winter Term, I wanted to let you know about happenings during the Fall break.

First, our Winter Term speakers are now scheduled into place thanks to Rowena Teague's diligent perseverance and the cooperation of several of our speakers. A surprise cancellation/rescheduling by the ASO of the coffee concert required two speakers to change their original speaking dates in order to accommodate the new ASO date. That they graciously did so is very much appreciated.

Second, we now have a friend at UAB. A recent reorganization has created an Office of Continuing Education and Lifelong Learning whose new Director reached out to Kathy Rostand to learn about New Horizons. Kathy and I met with her and she seems genuinely interested in and supportive of New Horizons. A very pleasant and appreciated early Christmas present!

Third, your Board of Directors met in early December and considered, among other matters, a possible By-Laws amendment to highlight the importance of the Curriculum Committee and the responsibilities of each of us as New Horizon members. I will have more information about this later as any amendment requires the vote of the membership. Other issues discussed such as New Horizons' "official address" and monetary solicitation by speakers did not require any action at this time.

Finally, we must acknowledge that not all of our members will be able to continue our journey with us. Elizabeth Willey passed away in early December. Please remember her family, especially her daughter Tiffany and her devoted companion Jim Schmidt in your thoughts and prayers.

In this season of Hanukkah and Christmas, may the light of the holiday candles bring us hope, peace and keep us moving forward.

My best wishes to all of us this holiday season and welcome back to New Horizons' Winter Term January 7, 2026!

Bob

UPCOMING EVENTS

- ♦ Jan 7—Opening Day Soup for lunch in the classroom following program by WBHM. Reservations requested, Text Mary Pate at 205 515-8425 or call 205 985-9912 and leave a message. There is no charge for lunch and guests are invited.
- ♦ Jan 21—The Mediterranean Diet will be the program, and lunch will be served at no charge afterward. RESERVATIONS are needed for lunch. Text Mary Pate at 205 515-8425 or call 205 985-9912 and leave a message.
- ♦ Feb 13—Valentine's Day Celebration. This will include a movie (TBA), popcorn, and pizza in the classroom.
- ♦ Feb 20—11:00 AM ASO Coffee Concert, discounted symphony tickets are offered, with lunch to follow the performance. Paid advanced reservations are necessary. More details are to follow.



INCLEMENT WEATHER POLICY

We will follow the Jefferson County School District policy for inclement weather. If they delay or cancel classes past 10 am, we will not meet that day. See their announcements scrolling at the bottom of the screen on most major TV stations and on NPR.

All members **are encouraged to** bring prospective members to class to see if they might join New Horizons at UAB.

T.K. THORNE

SEP 10, 2025



Author T.K. Thorne (right)
with her sister

Theresa Thorne, author and retired police captain, spoke about her books. Among other topics, she has written about the civil rights movement in Birmingham, AL, during the 1960's. This was followed by a group lunch.



Bobbie
Piper shows
off her
recent
purchase.



Marsha
Asman with
Rona
Harper

Bob
Greene
and
Rosemary
Tenney

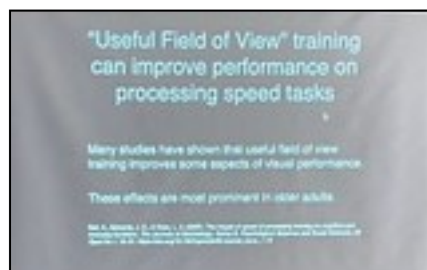
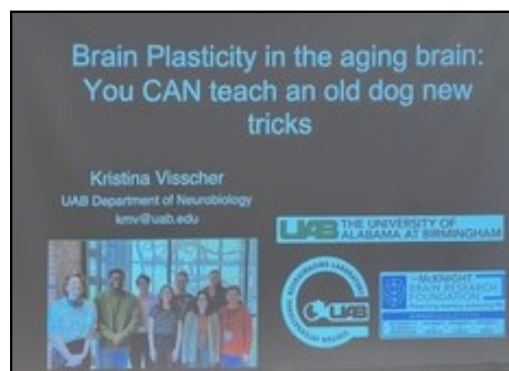


PLASTICITY IN THE ADULT BRAIN

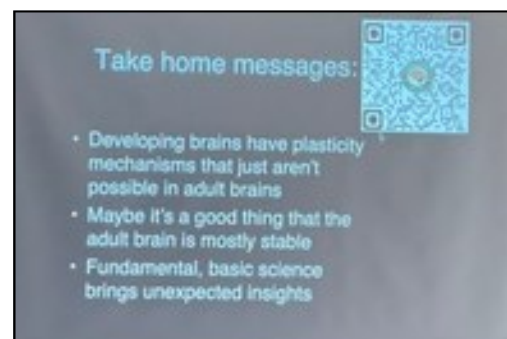
OCT 9, 2025



Khristina Visscher,
Ph.D.



Khristina Visscher, a
professor with UAB
Dept. of Neurobiology,
was our speaker



MOB MOVIES

OCT 10, 2025



Bettie Morales, with her grandson, Justyn Chandler, who was visiting from Hong Kong.

Tony Lombardo, retired English teacher and professional musician, spoke about Mob movies.



Ferne Seigel, Tony Lombardo, and Lyn Stafford

GRIEF MANAGEMENT

OCT 15, 2025



Larry Michael, speaker, with Larry Harper



Larry Michael with Lere Harper

FINDING WELLNESS THROUGH YOGA

OCT 16, 2025



Hubert and Mercedes Rodriguez, practicing yoga



Elizabeth Nettles, speaker Susan Nettles Han, and Bert Nettles



Susan Nettles Han with Janice Williams

Our speaker was Susan Nettles Han, daughter of Bert and Elizabeth Nettles

A PRIMER ON TARIFFS OCT 17, 2025

Our speaker was
Joshua Robinson,
Ph.D. of UAB



Joshua
Robinson,
speaker



John Gleysteen
with Joshua
Robinson



Hubert
Rodriguez with
Joshua Robinson

CHAMPAGNE AND FRIED CHICKEN OCT 19, 2025



Les Dames d'Escoffier
held their annual
Champagne and Fried
Chicken fund raiser
downtown

Several New Horizons
members and guests
attended the event.



FOOD AS MEDICINE

OCT 22, 2025

Our speaker was
Jordan Crocker, MD,
daughter of Larry and
Lere Harper



Jordan Crocker, speaker, talking with Steve Rostand and SuAnn Vandeveld.



Jordan Crocker
with Lere Harper,
Rowena Teague,
and Marsha
Asman

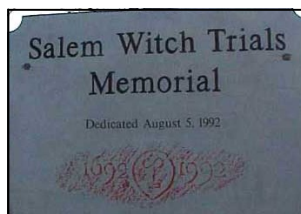


SALEM WITCH TRIALS

OCT 23, 2025

Our speaker
was Nicky
Sepsis

Nicky
Sepsis,
speaker,
with Marsha
Asman



CLIMATE CHANGE

OCT 24, 2025

Our speaker was Emily
Northrup, Professor
emerita, Southwestern
University



Emily Northrup, speaker, with
SuAnn Vandeveld



Emily Northrup
with Rosemary
Tenney



Emily Northrup
with Bobbie
Piper

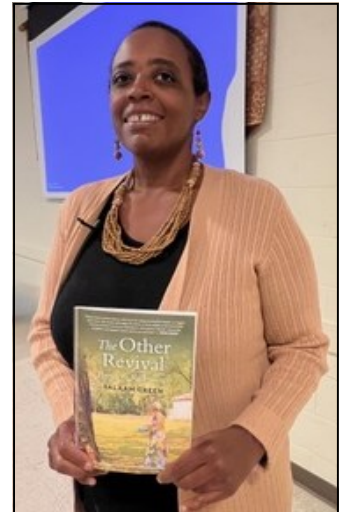


THE OTHER REVIVAL OCT 29, 2025

Our speaker was
Salaam Green, City of
Birmingham Poet
Laureate



Nancy Whitt
with Salaam
Green



Salaam Green, speaker

ARE YOU ON THE SPECTRUM? OCT 29, 2025

Our speakers were Alex
Rollins and Alicia Gomes,
of UAB



Maureen Gleysteen,
Alicia Gomes and
Lyn Stafford



Alex Rollins with Ann Morris Smith

HALLOWEEN PARTY OCT 30, 2025

We had a skit presented
by the Red Mountain
Theater Co, followed by
our Halloween party



Rosemary
Tenney and
Gayle Flowers



Larry
Rodick



Jennifer
Spiegelman of Red
Mtn. Theater Co.



HALLOWEEN PARTY, CONT'D OCT 30, 2025



Bob Trefrey,
Nancy Whitt and
Jane Wilkerson



Larry Harper with Mary Pate



Bert Nettles, Lyn Stafford, and
Ferne Seigel



Carol Schulz and Bob Greene



Bert and Elizabeth Nettles



Setting out snacks



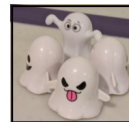
Members of the Red Mountain
Theater Co.



Bert Nettles with John
Gleysteen



Mary Pate with
Maureen Cook



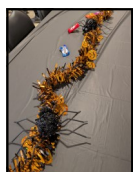
Jim McCormick and
Ellen McLaughlin



Judy
Russell



Mercedes and
Hubert
Rodriguez



FALL LUNCHEON NOV 14, 2025



Three on a String: Bobby Horton, Brad Ryan, and Andy Meginniss. (L-R)



Hubert and Mercedes Rodriguez



Sandra and Tom Hines, front, and Rachel and Bruce Julian with Bert Nettles behind them



Band member, Brad Ryan, with former high school teacher, Jane Crouch



Jerry Brown, Marsha Asman, and Dorothy Ziff



Former members, Jane Crouch and Don Hamner



Gayle and Allen Flowers



Don and Marianna Long with Larry Redick



Maureen Cook and Ellen McLaughlin



Keith and Karen Lloyd





WINTER TERM 2026

ALL SESSIONS MEET FROM 9:30 A.M. UNTIL 11:30

Monday Meeting meets by Zoom on Mondays at 10 AM

Wednesday January 7	<u>WBHM Public Radio</u> Will Dahlberg, <i>Executive Director & General Manager</i> <i>Stay for Lunch after the program!</i>	Moderator: Mary Pate
Thursday January 8	<u>100 Best Things to do in Birmingham</u> Verna Gates, <i>Author, Freelance Writer, Speaker, Storyteller, Educator</i>	Moderator: James Lowery
Friday January 9	<u>Exciting Things Happening at Samford University</u> Betsy Holloway, <i>Vice President for Advancement and Marketing</i> <i>Samford University</i>	Moderator: SuAnn Vandeveld
Wednesday January 14	<u>Rural Health Initiative at Auburn</u> Dr. Hollie Cost <i>Asst VP for University Affairs, Auburn</i>	Moderator: Marilyn Doss
Thursday January 15	<u>Current Situation in China</u> Keith Anderton, Ph.D. <i>veteran U.S. State Department diplomat</i>	Moderator: Bert Nettles
Friday January 16	<u>Convict Leasing in Birmingham Industry</u> Tyler Malugani, <i>Deputy Director, Sloss Furnaces</i>	Moderator: James Lowery
Wednesday January 21	<u>Mediterranean Diet</u> Sonthe Burge, MS, RDN, LD <i>School of Public Health, Samford University</i> <i>Lunch served following the program</i>	Moderator: Mary Pate
Thursday January 22	<u>Comeback Town</u> David Sher, <i>publisher</i>	
Friday January 23	<u>Saving Our Pets</u> Mark Nelson, <i>Exec Director of Ala Spay/Neuter</i> Ken Jackson, <i>Remy Fund for Pets & Animal Services</i> Jeff Lyons, <i>Pilot with Pilots n' Paws</i>	Moderator: Sandra Vinik
Wednesday January 28	<u>Innovations in Entrepreneurial Education and Practice</u> Patrick J Murphy, PhD, <i>Professor,</i> <i>Collat School of Business at UAB</i>	Moderator: Andy Daniel
Thursday January 29	<u>Voting Rights and Democracy</u> Lisa Borden, <i>Deputy Federal Policy Director</i> <i>Southern Poverty Law Center</i>	Moderator: Bert Nettle
Friday January 30	<u>Discussion/Round Table</u> South African New Horizons members and Danese Knott Craig - <i>talking about how life in South Africa is different than US/Ala; why they moved here, and what puzzles/differences they found here.</i>	

WINTER TERM 2026

Wednesday February 4	<u>Understanding the Neurobiology of the Aging Brain</u> Rita Cowell, Ph.D. <i>Professor, Department of Neurology, UAB School of Medicine</i>	Moderator: Janice Williams
Thursday February 5	<u>Monet-Matisse Exhibit</u> <i>Birmingham Museum of Art</i>	Moderator: Marsha Asman
Friday February 6	<u>Samford Quartet</u>	Moderator: Gayle Flowers

Wednesday February 11	<u>Establishing a Permanent Human Presence on the Moon and Mars Challenges and Opportunities</u> Larry DeLucas <i>Principal Scientist, Aerospace Corporation</i>	Moderator: Jim Schmidt
Thursday February 12	<u>The Evangelical Charismatic Christian Movement & Politics</u> Andy Daniel, <i>New Horizons Member</i>	
Friday February 13	<u>Valentine Day Celebration</u> <i>Movie, Popcorn, and Pizza</i>	

Wednesday February 18	<u>Developing Leaders of Character</u> Kevin Walsh, <i>Executive Director</i> <i>Youth Leadership Development Program</i>	Moderator: Jim Schmidt
Thursday February 19	<u>A Journey to the Great Temple of Travel, Birmingham's Terminal Station</u> Marvin Clemons, <i>retired rail operator and railroad historian</i>	Moderator: Rowena Teague
Friday February 20	<u>How & What Ways is Russia's War Against Ukraine Different from Previous Wars? Why Does It Matter?</u> George Liber, PhD <i>Professor emeritus, Department of History, UAB</i>	Moderator: Bob Greene

Wednesday February 25	<u>Big Jim Folsom</u> Richard Rhone, PhD, <i>historian</i>	Moderator: Sandra Vinik
Thursday February 26	<u>Navajo Nation Medical Care</u> Frances Baxley, MD <i>family physician</i>	Moderator: Robert & Ginny Baxley
Friday February 27	<u>Julius Caesar</u> Shannon Flynt, Asst. Professor <i>Classics & Philosophy, Samford University</i>	Moderator: Bob Greene