



Perspective

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December — 2005

SNU President Loren Gresham will present his annual address to the ASP on December 12

by Shirley Mears

“What a time to be at SNU!” is the title of Dr. Loren Gresham’s annual address to the members and



Loren Gresham

guests of the Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) on Monday, December 12, 11:15 a.m.-1:00 p.m., in the Heritage Room of the Webster Commons.

In his speech, Gresham will present three main points: (1) the Marchant Family Welcome Center

dedication on November 12, 2005, (2) the 2005 SNU enrollment record, and (3) the installation of the new SNU Provost.

Concerning the ASP, Dr. Gresham wrote in an e-mail message to ASP President Jack David Arnold on November 22, 2005, “The Academy of Senior Professionals is a dynamic and progressive organization as a result of the consistent commitment by the strong leadership of the ASP.”

Loren Paul Gresham was born in Nashville, Tennessee, on April 18, 1941. He attended Trevecca Elementary Training School, and after his parents changed teaching positions from Trevecca Nazarene College to Pasadena Nazarene College, he attended and graduated from the Pasadena Academy. He received an A.B. degree in history from Pasadena, an M.A. in international relations from the University of Southern California, and a Ph.D. in political science from the University of Oklahoma. He married Linda Lee Brown in 1964. They have one daughter, Suzanne Lynnette Strawn, who, along with her husband,

Dr. Brad Strawn, have two sons, Evan Bradley and Keaton Paul.

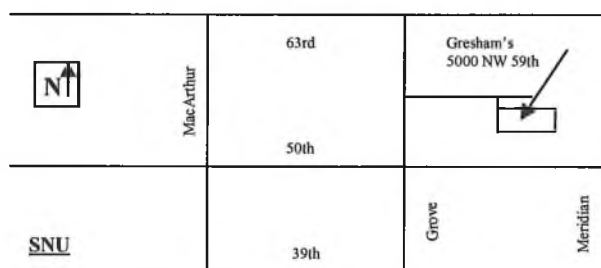
Dr. Gresham’s career at SNU, formerly Bethany Nazarene College, began in 1967 as a professor of political science and history. As a Fulbright Scholar (1970-71) at Victoria University, Wellington, New Zealand, he formed a wide acquaintance with leaders in many areas of national life. In 1985, he was selected by President Ponder Gilliland to serve as SNU Provost. In 1989, the SNU Board of Trustees elected Dr. Gresham to serve as President of the University, the office he currently holds.

President Gresham currently serves as a member of the Council of Education/Church of the Nazarene, Chair of the World Mission Department of the General Board/Church of the Nazarene, Board member of the National Association of Independent Colleges and Universities, Chair of the Council of Presidents of the National Association of Intercollegiate Athletics, member of the Oklahoma City YMCA Board of Directors, member of Rotary Club 29 of Oklahoma City, and member of the ASP at SNU.

Following the ASP luncheon meeting, all members and guests have been cordially invited by President and Mrs. Loren Gresham to come to their home for the annual ASP Holiday Reception, 1:30-3:00 p.m.

Directions to the Gresham’s home are provided below. Shuttle service/parking areas are available.

Map: Directions to the Gresham Home





Your president's point of view:

by Jack David Arnold

Honesty is still one of life's greatest virtues

Honesty is the best policy.

--English proverb

"To be or not to be; that is the question," Hamlet speaks in his famous soliloquy of self-doubt and reason. He is trying to decide whether to follow his own conscience or to pretend that he does not know the truth of his father's murder. He is torn by the desire to be honest with himself, and therefore, the world, or to turn his back on that which he believes.

"Honesty is the first chapter in the book of wisdom," Thomas Jefferson wrote. This has been true of all people everywhere, in every period of the world. The fight to honor truth within and without, has never been an easy one; however, we must begin simply if we are to know how to do it.

"Know thyself" is the inscription at the oracle of Apollo at Delphi in ancient Greece. "Hold faithfulness and sincerity as first principles," Confucius wrote, and he added, "When you know a thing, to hold that you know it; and when you do not, to allow that you do not know it—this is knowledge." Lao-tzu wrote over 2,500 years ago, "He who knows others is wise; he who knows himself is enlightened."

All of these great philosophers and sages began with one truth—be honest and "all things will be added unto you." They know that all men share the same basic drives: a need for love, for freedom and respect, and the desire to feel that their lives have mattered. By looking within, one learns that the keys to understanding all human behaviors are slowly revealed to those who are courageous enough to search their innermost hearts.

How many of us know where that heart is? How many of us have fallen into the habit of being out of touch with what we intuitively know? Often this seems to be most true when we apply it to knowing our own feelings. The noisy hustle and bustle of the wilderness of this world distracts us so much that we have a hard time listening to that small, still voice that usually knows the truth of any situation. Please bear in mind that I would not—sincerely or insincerely—extol truthfulness and honesty as virtues were there not dishonest people aplenty in the world today.

In *Hamlet*, Shakespeare says: "This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man." When we stop listening to the voice within us on a daily basis, we fall out of practice. It becomes easy to be false to ourselves—and then be false to other people.

In 1965, I remember the occasion when my medical advisor and dear friend, Dr. Clinton Compere, an orthopedist at the Northwestern University Medical School in Chicago, asked me if I were not drinking too much alcohol on important occasions. I was too embarrassed to admit it. I flung out an answer of denial—another white lie in the way that I had built between truth and myself. When I began to lie to myself about my drinking

Continued next column—Arnold



"Sharing a Continuous Flight"

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problem, I became increasingly disconnected from my true feelings. On May 15, 1983, I entered the twelve-step "programme that requires rigorous honesty," and with God's help, I have been sober ever since that day.

Thomas Jefferson wrote in a letter to one of his contemporaries: "He who permits himself to lie once, finds it much easier to do it a second and third time, until at length it becomes habitual. He tells lies without attending to it, and truths without the world's believing him. The falsehood of the tongue leads to that of the heart, and in time depraves all its good dispositions."

Jefferson tried to be as farsighted as possible so that a nation of honest men could endure. "Sometimes it is said," he wrote, "that a man cannot be trusted with the government of himself. Can he, then, be trusted with the government of others?"

A compelling thought, when we extend it beyond our small
Continued on page 6—Arnold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



Below, left & right: Retailer and speaker for the November ASP luncheon is Marsha Loflin shown here with some of the items she brought with her to demonstrate downsizing and storage solutions.



Right: (l-r) Elbert Overholt, ASP director, and Forrest Ladd, genealogist, enjoyed friendly conversation at the November luncheon.



Below: Park Burkhardt, membership chair, organizes the November luncheon

Below: November Luncheon Guests (l to r)

Doris Littrell

Gerri Bader

Lawanda Allison





Library Resources

By Bea Flinner

McCasland, David. Eric Liddell: Pure Gold

This is a new biography of the Olympic champion who inspired the beautiful musical composition, "Chariots of Fire"--Eric Liddle, 1902 - 1945. His life story before and after the Olympic triumph at Paris in 1924, answers many questions about this outstanding individual. Most of us are familiar with the beautiful musical arrangement, Chariots of Fire, which has been heard on television, the radio, and in other settings. But the deep and rich background of this man is probably not as well known--but should be!

"Eric Liddell's life began and ended in China. Born in Tientsin as the second son of missionary parents, he died in a Japanese internment camp at Weih sien a few months before the end of the Second World War. Through an inspiring film, the world knows something of the athlete who ran for gold at the Paris Olympics in 1924. This is the larger story of the man who went the distance in life, and of the woman who ran with him in his greatest race." He was a dedicated Christian missionary! Also included are maps, as well as a listing of Mr. Liddell's Races in Britain (1921-1925).

In the SNU Library. Highly recommended!



ASP News You Can Use

30 hour days?

by Shirley Mears

I've learned how to have more hours in my day! It is a simple concept but hard to implement--Delegate. Let me share with you the solution I've found.

Cloud9 Concierge is a business created by a woman with a heart to serve. She focuses on helping others to balance their work and life. The name Cloud9 Concierge came about from the desire to evoke a sense of peace and happiness in the lives of her concierge clients.

Typical services include grocery shopping, gift selection, wardrobe and home décor shopping, special occasion planning, holiday shopping, and courier service. All of these services are available on an hourly basis or as part of a customized service package. No membership or membership fee is required.

Amy McCasland also loves to help with weddings and special occasions, making the day very easy and special by being available at every beck and call, allowing the guests and guests of honor to feel that every detail is as it should be.



Amy McCasland

Cloud9 Concierge is a locally owned and operated company providing professional errand services and personal assistance for individuals, brides and business professionals in Edmond and the Oklahoma City metropolitan area.

Cloud9, which is fully insured and bonded, is a member of the Edmond Area Chamber of Commerce, Edmond's Best Referral Club and the International Concierge and Errand Association.

Senior citizens 55 and better always receive 10% off concierge service rates, in addition to any other current specials that *Cloud9* offers.

Gift certificates for concierge services are available in whole hour increments and make a truly unique gift for anyone who has everything but time.

You might want to visit with Amy McCasland at 818-4345 or email her at amy@cloud9concierge.com; her website is www.cloud9ok.com.



STORE IT IN STYLE

by Jack Pischel*

I'm being told how I can hang
my pants and shirts & such,
so that each item can be seen
to eliminate the "Mush."

And shoes go in a little bag
that hangs upon the rod
to keep them straight
and "findable."
without a call to God.

My closet, then, becomes so
neat-- It makes me oh so proud;
and every day's a shining one
without a frown or cloud.

And all these bags and wires
and stuff are sold at speaker's
store, so when I make me so much room
Well-- now there's room for more.

*Written Nov. 14, 2005. Apologies to Marsha Loflin.



A Walk to Remember

by Mary Louise Smith*

One of the highlights of the year 2004 for me was being asked to be the chief speaker at a women's retreat, the theme of which was "A Walk to Remember," and speaking at that retreat. I must explain that I didn't get this invitation because of my great reputation as a speaker, or my expertise in some aspect of life in which these women might be interested, or any other consideration. I just happened to be the grandmother of one of the committee members assigned the job of picking the speaker. When they were discussing a possible speaker, my sweet (and trusting) granddaughter said something to the effect "My grandmother could do it!" It speaks well of her reputation with the group that this they didn't ask just on what she was basing that belief.

When Shannon, (my granddaughter) first broached the subject to me, I declined. The very thought of coming up with a speech for that audience was somewhat overwhelming so I told her I didn't think I could, or words to that effect. But a few days went by during which I began to think, "Maybe I COULD do that." Then, "Why not give it a try?"

A week or so later when I called Shannon back to accept, I was halfway expecting to hear her say that they had found someone else. But they hadn't and I told her I would do it. It wasn't as if I hadn't had experience speaking in front of a group, since for as long as I could remember I had been the one selected to give the monthly missionary lessons at my church, but to much smaller groups than the retreat group would be. I had also taught a Sunday School class for many years. I had learned to think on my feet and also to gauge an audience's reactions to what I was saying.

And it wasn't as if I didn't have enough time to prepare, since this was October and the retreat wasn't to be until the following March. Needless to say, I needed that time! I immediately began to gather up clippings and articles, and make voluminous notes. It was a great help that all my life I had been an avid collector of good inspirational and instructional articles. My problem now was selecting the right materials. Also I had to try to come up with something vaguely in keeping with the selected theme but found that to be one of the hardest parts of the whole experience.

I did get some advice on just how to proceed. My son, Jay, for instance, said, "Mother, here's what you should write about. 'I have been young and now I'm old, and this is what I've learned!'" Actually, come to think of it, when it was all boiled down, that was pretty much my theme, just not in so many words.

After collecting material and writing my own thoughts I began to organize them into what I hoped was a workable outline. I was told that I would be expected to fill a fifty-minute period so I had to try to select from the material I had what would be most important and interesting for my listeners.

I decided to talk on children first, which turned out to be the longest segment. Part of what I talked about came from my own experience, part from what I read, and part was what I would have done had I known then what I do now. (I didn't tell them the sources.)

That was the segment from which I had the most feedback and also the most satisfaction in that some mothers wrote me that they had changed their methods in discipline and teaching their children. That, I realized, could carry over even into future generations.

Some of the other topics I touched on had to do with marriage, including the care and feeding of husbands, and the importance of making the home an attractive and pleasant place. One segment was on friends, the importance of making and keeping them. Another that I got a lot of feedback from was on the importance of establishing traditions for a family.

By the way, revisiting that material brought back all the many hours I worked on making the content as interesting and instructive as I possibly could and making it fit into the fifty-minute slot. Then there was the question in my mind; would I be a complete failure and em-



The Mayflower Compact

by Lecil Brown*

On the 16th of September, 1620, 102 passengers aboard a ship called the **MAYFLOWER** left Plymouth, England on a perilous journey. The passengers were English Separatists who had left the Church of England and committed themselves to a life based on the Bible.

The group came to be known as **PILGRIMS**, a name given to them by William Brewster, who, along with William Bradford and Edward Winslow, shared leadership of the band. Crossing the North Atlantic Ocean in winter (as this writer discovered in December, 1944) can have some anxious moments! Nevertheless, their crossing was successful and after 65 days at sea they sighted Cape Cod on November 19. This was not the place they had contracted for and were unable to settle there. They drew up a declaration they called the **MAYFLOWER COMPACT**, which created their own government. While waiting, they discovered Plymouth Harbor on the western side of Cape Cod Bay and made their historic landing there on December 21, 1620.

The historic **MAYFLOWER COMPACT** reads as follows: *"In the name of God, Amen. We, whose names are underwritten, the Loyal Subjects of our dread Sovereign Lord, King James, by the Grace of God, of England, France and Ireland, King, Defender of the Faith e&. Having undertaken for the Glory of God, and Advancement of the Christian Faith, and the Honour of our King and Country, a voyage to plant the first colony in the northern parts of Virginia; do by these presents, solemnly and mutually in the Presence of God and one another, covenant and combine ourselves together into a civil Body Politick, for our better Ordering and Preservation, and Furtherance of the Ends aforesaid; And by virtue hereof to enact, constitute, and frame, such just and equal laws, Ordinances, Acts, Constitutions and Offices, from time to time, as shall be thought most meet and convenient for the General good of the Colony; unto which we promise all due submission and obedience. In witness whereof we have hereunto subscribed our names at Cape Cod the eleventh of November, in the Reign of our Sovereign Lord, King James of England, France and Ireland, the eighteenth, and of Scotland the fifty-fourth. Anno Domini, 1620."*

Signatures of 41 of the 102 passengers appeared on the document. (About half of the colony did not survive the first winter.)

barrass Shannon—not to mention myself? Also, I'm sure my friends got sick and tired of hearing me say that I had to go work on my speech!

When I finally got it in as good shape as I possibly could, and when the time came to face that audience of about sixty-nine ladies of Grace church, I felt confident, and actually enjoyed giving the speech. From their response I must not have done too badly since they were very attentive, seemed to be furiously taking notes, and laughed in all the right places.

I started not to, but finally decided to watch the video of myself. That turned out to be a mistake, because all I heard was this strange voice with a Southern accent. I didn't know I sounded like that!

For me, although it was a lot of work, I was amply rewarded by the response I got for my efforts. It truly was a "Walk" that I'll long remember.

*Mary Smith is a contributor from Writers Workshop

Continued from page 1—Arnold

personal world, but what is any nation made up of, except the entwining of many people's small, private worlds? How often have we all read in the newspapers of injustices in our own cities and towns, and shrugged? What can we do? How can we make a difference? Truth is not our jurisdiction. Or, is it?

May we simply and earnestly seek honesty and truth in all the affairs of our lives; in so doing, we can love all parts of ourselves and claim our heritage in God--the source of all goodness.



Writer's Workshop by Vadalee Barkley

The Academy of Senior Professionals Writer's Workshop will meet December 12 at 9:30 a.m. in the Student Conference Room located in the lower level of the Commons.

Everyone remotely interested in writing will enjoy this time of sharing. No longer is the workshop limited to writing memoirs. Participants bring a sample of what they are writing, along with enough copies for group discussion. From time to time these items appear in "The Academy Perspective." This issue features writing by participant, Mary Louise Smith



Christmas Poetry by Nicholas Gordon

*May you find this Christmas inner peace
Equal to the patient love you give,
Releasing all the pain you can release,
Renewing all the grace with which you live.
Yearnings may you turn to rhapsodies,
Choosing to find happiness in beauty,
Holding in their haunting melodies
Riches that sustain your sense of duty.
In anger may you find an evening star
Showing you the way to Bethlehem.
The angels that watch naked from afar
May you hear sing of who would none condemn
As all you love are blessed in having you
So may you feel the joy in all you do.*

*Christmas is a holiday for friends,
However they may be, or not, related.
Remember that the three wise kings were strangers
In search of one remote, uncanny dream.
So may we all be far more than we seem,
Together bound for dark and haunting changes,
More lovely for the loves we have created
Along the lonely paths from means to ends,
Stumbling towards that star of Bethlehem.*



ASP Calendar

Monday: December 12

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons **begins**
- 9:30-10:45 Writers Workshop: Commons Student Life Conf. Room.
- 10:30 a.m. Shuttle: Sawyer to Webster **continues**
- 11:15 a.m. Luncheon begins: Heritage Room—Webster Commons
- 1:00 p.m. Luncheon meeting ends
- 1:15 p.m. Ad. Council: Will not meet this month
- 1:30-3:00 President's Reception—Gresham's home



REMINDERS

- **Membership Dues:** Yearly dues for the calendar year are \$15.00, or \$1.25 per month. The ASP initiation fee for new members is \$10.00.
- **ASP Web Site:** Members and guests are reminded that the ASP Web site can be accessed by typing in www.snu.edu and then linking with sr_professionals.
- **Luncheon reservations:** Kindly be reminded that when a member or guest makes a reservation, the ASP Treasurer must include it in his count and pay Sodexo food service.
- **Luncheon reservation cancellations** must be received by Friday morning before the Monday luncheons or individual/s are respectfully requested to forward a check to cover the cost to Dr. Roy Dorris, ASP Treasurer, 4607 N. College, Bethany, OK 73008.



NEWS BRIEFS

- **An ASP Speakers' Bureau is being established by President Jack David Arnold and Vice-President Tom Barnard.** If you would like to speak on a topic of your choice in the community, please let Arnold and/or Barnard know about your interest at your earliest convenience.
- **Former White House press secretary, Mr. Ari Fleischer, will be the featured speaker of Peer Learning Network Presents, Thursday, April 13, 2006, at the Cox Center in Oklahoma City.** SNU President Loren Gresham has cordially invited all ASP members to attend this special luncheon meeting. This will be the third PLN event that ASP members have attended. You are encouraged to put this main event on your 2006 calendar now!
- **Information about the ASP may be found on the web site:** www.snu.edu/sr_professionals
- **ASP Membership Directory for 2005-2006** will be available at the December Academy luncheon meeting.
- Dr. Forrest and Jean Ladd will continue their discussion of topics on **Genealogy** at the January RIG meeting.