

## “A National Treasure Turns 50”

The National Cowboy & Western Heritage Museum

by Dale Gober

Chuck Schroeder, Executive Director of the National Cowboy & Western Heritage Museum, will be the guest speaker for the ASP luncheon on March 6, 2006. Mr. Schroeder will be speaking on the future mission, history and vision of the museum as it enters its second half century.



Chuck Schroeder

Mr. Schroeder took the point position as Executive Director in March 2002. Since that time he has been instrumental in “breaking trail” for many new and exciting directions the museum has traveled without forgetting the past.

A cowboy in a suit would be a good description of Chuck Schroeder. That description however, goes far beyond the superficial meaning. He’s an individual that understands the workings of a ranch and stock. He’s also been intricately involved in the development of our beef and cattle industry. Before coming to the National Cowboy & Western Heritage Museum, Chuck served as the Chief Executive Officer of the National Cattleman’s Beef Association. As their spokesperson he was instrumental in bringing national attention to the association. Through lobbying efforts and dedication he led the Cattlemen’s Association to a strengthened position both nationally and world wide.

Chuck maintains The Schroeder Cattle Company, the family’s ranch in Nebraska. He’s keenly interested in roping and Quarter Horses. His wife, Kathi, is a special education teacher and his daughter, Lindsay attends graduate school at the University of Nebraska.

Few have the ability to move boldly into the

future without losing sight of the past. Chuck Schroeder is one of those rare individuals. His vision for the future of the National Cowboy & Western Heritage Museum is equaled only by his dedication to the preservation of its rich history.

The Academy of Senior Professionals (ASP) luncheon will be held on Monday, March 6, 11:15 a.m.-1:00 p.m., in the Heritage Room of the Webster Commons on the Southern Nazarene University (SNU) campus. Free parking and shuttle service are available in the Sawyer Center parking lot, 41<sup>st</sup> and Donald Avenue, in Bethany.

**Important information regarding ASP luncheon reservations:**

**Members:** If you have not been contacted by one of our telephone callers, then please call Mrs. Shirley Pelley, ASP Telephone Committee Chair person, at 405.354.3853.

**Guests:** Please call Dr. Elbert Overholt, ASP Director, at 405.789.2036.

**All:**

1. The cost of the luncheon is \$5.00 per person.
2. Please make your reservation(s) *before Thursday, March 2*
3. The Spanish Cove Life-Care Retirement Village is the luncheon subsidy sponsor for March.

### Contributors to the luncheon-cost subsidies

- October: Tom and Madelyn Barnard
- November: Elbert and Darlene Overholt
- December: Loren Gresham
- January: The Burbridge Foundation
- February: Thurman and Annette Coburn
- March: The Spanish Cove Life-Care Retirement Village
- April: Olson Enterprises and an anonymous donor (One-half subsidy each)
- May: J. Robert “Bob” and Naomi Emmel



**Your president's point of view:**  
by Jack David Arnold

## Serenity for Seniors

*In the depth of winter, I finally learned that  
within me there lay an invincible summer.*

--Albert Camus

Is it possible to find serenity in our rapidly changing world, arrayed as it is with pleasures and pains, distractions and attractions? Can we seniors be part of the world, deal with its complexity, which impinges upon us from every side, and still find peace in our hearts? Is it only in removing ourselves from the world to some remote mountaintop or desert that we could look into our unperturbed heart and find serenity?

According to *Merriam Webster's Collegiate Dictionary* (10<sup>th</sup> ed.), the word *serenity* is derived from the Latin word, *serenus*, meaning "clear, cloudless, untroubled, and suggestive of utter calm and unruffled repose."

*There is no joy but calm.*

--Alfred Lord Tennyson

Is serenity only to be found in a place where we never have to deal with challenging people or situations? Or where there are no conflicts, no misunderstandings, annoyances, needs, pressures, or disappointments? Or does the wise person find utter calm even amidst the difficulties of life by simply not allowing his or her heart to be touched by them, by not caring or feeling?

Withdrawing from the world, either physically or emotionally, is not the wise person's path to serenity. For we are placed in this world to deal with it, not escape it; to integrate ourselves with it, not separate into a fragment apart from it; and to find a way to be of benefit and service to the world, not to shun it or harden ourselves to it.

If we are willing to be present in the world and involved with it, it will inevitably impact our emotions in ways which will not always feel peaceful. We have both positive and negative feelings in our hearts, and our life experiences tend to stir up both. How, then, is it possible to find serenity—"utter calm and unruffled repose?"

We tend to feel calm when things are under control. And we do the best we can to control or manage our life according to our ideas of order. If serenity depends on that control, then our quietude will frequently be at risk. Can we control the choices and destinies of loved ones or others upon whom we depend? When we take a good look, there is very little outside ourselves that we can control; therefore, serenity must be an inside job.

Continued next column



**"Sharing a  
Continuous  
Flight"**

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To make contributions to the Academy of Senior Professionals:  
Mail to: Roy Dorris, Treasurer  
4607 N. College, Bethany, OK, 73008

***The world is not to be put in order;  
the world is in order.***

***It is for us to put ourselves in unison and order.***

--Henry Miller

A person is truly wise who knows that the heart is the *only* place where it is possible to find serenity. The changeability from one day to the next of our personal world or the world-at-large makes it an unreliable source of serenity. Those who try a "geographical cure" on a mountaintop or any other place that seems serene and carefree will often find that they are disturbed over something—a memory, a concern about a current situation, a fear about the future, or a mere gnat flying around. They soon discover that calm dwells at their center.

Continued on page 6—Arnold





# ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



## **Pictures taken at the February 2006 Academy Luncheon**



**Pres. Jack Arnold & guest Dr. Gerda M. Kennedy**



**New Members: Walter & Dorothy Hammert**



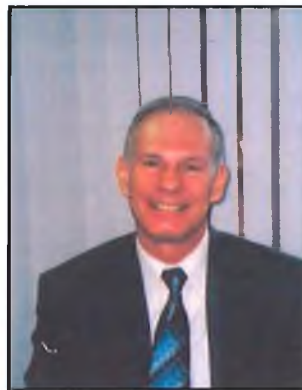
**Gerry Bader**



**Fred Morgan : Guest of Elbert Overholt**



**Harold Dozier talked about the RSVP program**



**Dale Gober introduced speaker**



**Robbie Robberson — Speaker**



**Dave France : Guest of Jack Arnold**



**Visitor: Beth Patterson, Ex. Dir. of RSVP  
Guest of Harold Dozier**



**Visitors: Charles & Carolyn Chastain**



**Visitor: Cecil Schwenke**



## The Great Awakening

by Lecil Brown

There is a period of time in our American history, generally from 1720 to 1750, that historians have called **The Great Awakening**. Life among the colonists was taken up almost entirely with the difficult task of making a living from the land. On the frontier farmers lived quite some distance apart, and some distance from a parish church, thus making communication and discipline difficult. Historian James Truslow Adams characterized it as a time when, "the great mass of colonists had become emotionally starved in their narrow, dull and hardworking lives."

The preaching of several ministers during this time stirred a revival of interest in religion. The most famous of these was the English minister, **George Whitefield**, born December 16, 1714. He was educated at Oxford and became a member of **John's and Charles Wesley's** "Holy Club." After his ordination in 1736 he made the first of seven trips to America in 1738. Known as the "Great Itinerate," he traveled up and down the eastern seaboard carrying "the Awakening with him" as one writer observed. He had a loud voice and it was said that one conversion occurred three miles away from where he was preaching.

The Awakening was further intensified by the preaching of the great American minister, **Jonathan Edwards**, who was born October 5, 1703 in East Windsor, Conn. Edwards graduated from Yale at the age of 17. In 1726 he became assistant pastor to his grandfather, **Solomon Stoddard**, in Northampton, Mass. Upon the death of his grandfather in 1729 he became the sole pastor. He became one of the most significant religious thinkers in America. On July 7, 1741, Edwards preached a sermon in Enfield, Conn., that has been called "one of the most famous sermons in all American history. It was his **"Sinners in the Hands of an Angry God."**

Other ministers were involved in these changing times in America, and much discussion and debate occurred about religious doctrine, which this writer is pleased to leave to the theologians.

## Perks of Being Over 50

(Author Unknown)

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run—anywhere.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 PM.
9. You enjoy hearing about other people's operations.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your investment in health insurance is finally beginning to pay off.
15. Your joints are more accurate meteorologists than the national weather service.
16. You can live without sex but not your glasses.
17. Your eyes won't get much worse.
18. Your secrets are safe with your friends because they can't remember them either.
19. Your supply of brain cells is finally down to a manageable size.
20. You can't remember who sent you this list.



## Dear Type\_riter Man:

I'm\_riting to you about this problem because you are\_ell kno\_n as a type\_riter\_izard.

After\_riting on a type\_riter for t\_enty-five years, I've \_written nine books on the computer\_ithin five years. This\_eeek I bought a used type\_riter primarily to \_rite checks and to address envelopes. It didn't come\_ith a manual.

In a fe\_eeeks I'll have to pay monthly bills but the letter " \_ " on't \_ork. And, \_ith few exceptions, I need the \_ord " \_est" to indicate the street address.

It's hard enough to get used to another type\_riter after a fe\_ \_ years \_ithout having to be concerned \_ith this problem. I don't \_ant to \_ait any longer than necessary.

\_ould you please tell me \_hat to do or \_hen you can \_ork on my type\_riter. I really need it in the next t\_o \_eeeks.

By the \_ay, if you'd like to kno\_ \_here to find a \_ealth of \_orth\_hile reading, logon to my \_eb site: \_\_.barkley books.com.

Anxiously a\_aiting your reply,

Vada Lee Barkley





## Library Resources

by Bea Flinner

### MIND WIDE OPEN: YOUR BRAIN AND THE NEUROSCIENCE OF EVERYDAY LIFE

by Steven Johnson

Johnson's book is a "Mind Challenger". One of the subject headings is "Self-perception." Steven Pinker says that this is "a lucid and engaging travelogue from the frontiers of human brain science." He also says that "Steven Johnson has an eye for the most interesting new ideas in this exploding field, and he explains them with insight and gusto."

David Shenk presented the question, "What good is living in an age of discovery if only a handful of people understand what's being discovered?"

With this book, Steven Johnson builds an extraordinary bridge between today's trailblazing neuroscientists and the rest of us. His mind-opening and potentially life-changing insight is "that virtually anyone can now learn enough about brain chemistry and circuitry to personally explore--and perhaps even reshape--the contours of his or her own mind."

Kurt Anderson says that the book is "Thoughtful and lucid and charming and staggeringly smart, all of which I've come to expect from Steven Johnson. But it's also important, I think--a rare, bona fide glimpse of the future."

"Intelligent, witty, and tremendously thought-provoking," said Christ Lavers.



## NEWS BRIEFS

- **2005-2006 ASP Membership Directory:** If you did not receive the new Directory at an earlier luncheon, then please contact Dr. Overholt or Dr. Don Beaver (405.789.3941; dbeaver3@cox.net) for your copy. All members are encouraged to let Dr. Beaver know of any changes in their contact information.
- **New Policy on Luncheon Sponsors and Distribution of Materials:** The following motion passed unanimously at the ASP Administrative Council meeting on February 13, 2006: *"The names of sponsors will be announced from the podium by the President. Sponsors will be allowed to place brochures at table settings. After the luncheon, a table will be designated where the sponsors may visit with interested members or guests concerning programs and products. Only people who are sponsors will be allowed to distribute materials. These sponsors (maximum of two persons) will be seated at the head table."*



## ASP News You Can Use

by Shirley Mears

### Spend Easter at the Cross

by Shirley Mears

To spend Easter Sunrise Sunday services at the Cross in Groom, Texas is easy and inspirational. This sacred place is west of Oklahoma City on I-40 at exit 112. The Cross is a ministry of Steve Thomas and his wife, Bobby.

Cross Ministries serves over ten million people each year. The Cross is 19 stories tall and can be seen from over 20 miles. The structure weighs two and one-half million pounds and is visited by over 1,000 people daily.

The Cross Ministries is open 24 hours a day and seven days a week. There is no admission charge, and visitors are welcome to stay overnight in the parking area.

Visitors will also be able to see 12 life-size bronze sculptures of the Stations of the Cross as well as Crucifixion Hill. A large gift shop and climate controlled building with information about the Shroud of Turin are also there.



[Groom, Texas]

**Second largest cross in the Western Hemisphere**

### New Brochure

Members and friends of the ASP may secure copies of the new ASP brochure at the March 6 luncheon or by requesting them from Dr. Elbert Overholt: 4245 Mariner Drive, Yukon, OK 73099; 405.789.2036; overez1@cox.net.

**HAPPY ST. PATRICK'S DAY**

Continued from page 2—Arnold

Serenity has nothing to do with the fluctuation of life events that bring elation or grief with the passing of time. Rather, it has to do with the state of being that may be found within our heart of hearts, in the “still point of the turning world” of which the poet T. S. Eliot wrote, where we discover that we are one with the very essence of life.

Webster defines *essence* as the “permanent as contrasted with the accidental element of being; the real, or ultimate nature of a thing, as opposed to its existence.” In the changing, often confusing fortunes of time when we know and act from what is essential, we will experience the “utter calm and unruffled repose” of this unchanging state.

Eliot wrote, “At the still point, there the dance is ... Except for the point, the still point, / There would be no dance, and there is only the dance.” The dance of life continually shifts its tempo, rhythm, and form. As we move with it, we will find ourselves facing situations we have never imagined. That is how the dance carries us beyond our limited ideas of who we are and what we are capable of dealing with.

**No despair of ours can alter the reality of things... or stain  
the joy of the cosmic dance,  
which is always there.**

—Thomas Merton

I am convinced that many of the problems we now associate with old age are completely avoidable. We now accept unquestioningly that at some point in the future we will grow senile, that we will fall in the bathtub, walk with a cane, or live entirely in the past. It is just a matter of time, we think, before we will be alone and helpless or an unwanted burden on others.

This sad scenario for seniors does not have to happen to us when we look within our hearts, not for emotion, but to identify ourselves with the “still point” of our essence, and regardless of “accidental elements” existing around us, we will find serenity.

**Do not seek to have everything that happens  
happen as you wish, but wish for everything  
to happen as it actually does happen,  
and your life will be serene.**

--Epictetus

### RIG Continues Genealogy Research Topic

The Research Interest Group will feature another program centered on genealogy research on **March 6 at 9:30 a.m.**

Forrest and Jean Ladd will be building on their earlier presentations. Jean will have additional comments on finding and organizing information on ancestors and current family, and be ready for discussion. Forrest will make some remarks following up on his presentation of the photographic side of family history, and also will be ready for discussion. This promises to be an open and free-wheeling discussion session, so if you're interested in either aspect of genealogy research and family history, you will enjoy the presentations and discussions. Bring your ideas and questions, along with some of your records and methods and be ready to share ideas.



### ASP Calendar

#### Monday: March 6, 2006 (Note change in date!!!)

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons **begins**
- 9:30-10:45 Research Interest Group, Commons 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: Faculty Lounge—Webster Commons
- 1:30 p.m. Shuttle: Webster Commons to Sawyer parking lot **ends**.



### REMINDERS

- **Membership Dues:** Members who have not paid their annual dues, may pay them at the March 6 Luncheon or send their checks to Dr. Roy Dorris, ASP Treasurer, 4607 N. College, Bethany, OK 73008. Yearly individual dues for the calendar year are \$15.00, or \$1.25 per month. The initiation fee for new members is \$10.00.
- **ASP Web Site:** Information about the ASP may be found at [www.snu.edu/sr\\_professionals](http://www.snu.edu/sr_professionals).
- **Luncheon reservations/cancellations:** Kindly be reminded that when a luncheon reservation is made it must be included in the count unless it is cancelled by **Friday morning before the Monday luncheon**. To cancel a reservation please call Dr. Elbert Overholt (789-3026). Your cooperation is appreciated.
- **Shuttle Service:** SNU continues to offer free shuttle service to and from the northwest corner of the Sawyer Center parking lot, 41st and Donald Street. Newcomers should turn north at the red light at 39th Expressway and Peniel Street; go two blocks north to 41st Street; turn right (east) one block to Donald Street. The shuttle begins service at 9:00 a.m. and continues making trips back and forth to the Webster Commons where the luncheon is held until 1:30 p.m. Members are urged to use this shuttle service.
- **Special April PLN luncheon:** ASP treasurer, Roy Dorris, announces that he will accept payment from members (\$5.00) for this special luncheon or they may send a check before then to his address: 4607 N. College, Bethany, OK 73008. The cost for non-members is \$40.00.

**The March ASP meeting has been rescheduled  
for March 6 due to the SNU Spring Break !!!**