

“Remember Pearl Harbor” USS Oklahoma Memorial Co-chairman Gregory J. Slavonic by Shirley E.M. Mears

“Yesterday, December seventh, 1941, a date which will live in infamy, the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.” We can all recall the recording of that most famous quote by then President Franklin D. Roosevelt.

December 7, 1941 is a day that is etched in the minds of what Tom Brokaw referred to as “The Greatest Generation.” However, that day is just another day in the minds of today’s school children preparing for tests.

Just as a new wave of an ocean reaches the beach every moment so each new generation reaches their time here in our world. The new generation has no knowledge of the sacrifices made by the generations before them. However, we can help to insure that honor is paid to those sacrifices forever by joining with a wave of people determined to share the story of the battleship USS OKLAHOMA. It was moored, that day, on the very spot where the new tourist attraction USS Missouri sits at Pearl Harbor on Ford Island in Oahu, Hawaii. There were nine battleships at Pearl Harbor that horrific day. All but three returned to action. All but one has a memorial of some kind. The 429 men who lost their lives aboard the USS Oklahoma are due honor. Their bodies are buried separately but in a common grave area at The Punch Bowl National Cemetery. Their markers at first simply said “Unknown Soldier, Dec. 7, 1941.

Our October speaker is Gregory J. Slavonic, Rear Admiral, USN (Retired). Slavonic is co-chair, along with Commander Tucker McHugh, for the USS Oklahoma Memorial at Pearl Harbor Committee.

The dream of the memorial began to seem real as survivor Paul Goodyear, Chairman of the USS Oklahoma Survivors Association, Greg Slavonic, Tucker McHugh, and others contacted Don Beck of Beck Design. Senator Jim Reynolds joined Kevin



Rear Admiral Gregory Slavonic

King as they all came along side the quest to honor our military.

The dedication is planned for December 7, 2007. How fitting to see the USS Oklahoma Memorial dedicated in the centennial year celebration of the State of Oklahoma.

Gregory J. Slavonic, a senior media executive and retired Navy Rear Admiral, was named Executive Director of the Jim Thorpe Association. He assumed management of the association’s awards and scholarship programs.

Slavonic has over 30 years of experience, both military and civilian, in all phases of media. This includes U.S. and international public relations with emphasis in strategic communications, media relations, public diplomacy, and development of special projects, leadership and personnel management administration. He retired from the United States Navy after serving in Iraq as Multinational Force Director of Public Affairs, responsible for all strategic communications strategies to support U.S. and coalition forces. Governor Brad Henry appointed him chairman of the War on Terror Memorial Design Committee in 2005. He was a general partner of the Oklahoma City Cavalry Professional Basketball Team from 1990 to 1998 and has served on the Jim Thorpe Association Board of Directors since 2004.

Awards earned by Rear Adm. Slavonic include the Bronze Star Medal, Meritorious Service Medal, Presidential Unit Citation, Combat Action Ribbon, Vietnam Cross of Gallantry, Vietnam Service Medal, Kuwait Liberation Medal and the Joint Service Unit Citation, as well as other service and campaign awards.

All members and guests are urged to make their plans to hear Greg Slavonic on Monday, October 8, 2007. The buffet luncheon in the Heritage Room of the Webster Commons on the Southern Nazarene University campus begins promptly at 11:15 a.m. The luncheon program starts at noon and ends at 1:00 p.m.

Important luncheon reservation information:

- **Members:** If you have not been contacted by one of our telephone callers by Thursday, October 4, then please call Mrs. Shirley Pelley, ASP Telephone Committee Chairperson, at 405.354.3853.
- **Guests:** Please call the SNU Office of Alumni Relations at 491-6312 or email ASP@snu.edu.
- **All:** The cost of the luncheon is \$5.00. Kindly make your reservation(s) by Thursday, October 4, 2007

LUNCHEON SPONSOR FOR OCTOBER
VistaCare (Cathy Allen RN, Executive Director
Our thanks to Cathy and VistiCare!



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

**To accept old age is to say
yes to life in its entirety**

*Believe that life is worth living, and your
belief will create the fact. Be not afraid to live.*
--William James, 1842-1910, American psychologist

Paul Tournier, a remarkable author who effectively blends the insights of modern psychotherapy with the Christian gospel, believes that we must learn to grow old, and that the process is most successfully accomplished when we prepare and plan for it throughout life.

Tournier makes a telling point in his book, *Learn to Grow Old*, when he writes that accepting the unfulfilled, "rather than our age identifies the problem of the retired person, and it is harder the younger he is. His professional life is finished. He can do something else, lots of other things, but he can no longer add anything to his career, no longer complete anything, or correct anything to safeguard what he has managed to achieve" (1983, p. 171).

I am sure that Michelangelo, the great Italian artist, had so many projects which no one will ever bring into fruition. Think of the number of unfinished works of art there are in the world, which no one would dare to complete.

My very first problem in 1996 when I stopped teaching full time at the DeVry University in Dallas was to accept my present circumstances as they were, myself as I was, and the people about me as they were. Since then I have strenuously sought to avoid turning my realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism. I am still learning in retirement to practice acceptance in all circumstances of my life, so that I may enjoy peace of mind.

Old age can be pleasant for some, but painful for others. The pain of unfulfillment is universal, the same for all. Even from childhood, consciously or not, people experience their finiteness. They will either accept it despite everything, with good grace or unwillingly, or else they will refuse it either in rebellion or in dreams.

Throughout my educational preparation and professional career I tried to take an interest in a myriad of things, but I always felt the distance that separates this kind of interest from the thoughtless adherence

Continued next column—Arnold



*"Sharing a
Continuous
Flight"*

The Academy Perspective

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to worldly things, even the most precious ones. I readily identify myself with the Apostle Paul who called us "strangers and pilgrims on the earth" (Hebrews 11:13).

Whether we like it or not, that is our human condition, which nobody accepts easily. **Acceptance!** Accepting one's life, one's age, one's body, one's sex; one's parents; accepting loss, affliction, illness, infirmity, bereavements; accepting oneself, one's own station in life, one's failures, and one's character defects. All of these and more are involved in the word **acceptance**.

What is the meaning of **acceptance**? While writing this editorial I asked a senior adult at a retirement village the following question: "Do you accept your age?" I can sum up his reply in the following

Continued page 6—Arnold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



PICTURES FROM THE MAY, 2007 ACADEMY LUNCHEON



↑ Robin Dorner: Guest Representing Medical Case Management Service



↑ Tanya Moore: Visitor from Crossroads Hospice



↑ Bobbie Lane: ASP member and President of the Burbridge Foundation. Luncheon Sponsor



↑ Carol Paden: Guest representing Express Home Help



↑ Dr. Krittenbrink: Speaker For the ASP luncheon from Redlands Community College



↑ Randy Hill: Guest from the US Air Force



↑ Brenda Styers: ASP member and ASP Academy Director



↑ Betty Jean Brannon: Guest.



↑ l-r ASP President Jack Arnold, Founding Director Elbert Overholt Newly appointed Director Brenda Styers

July, 2007

MEMO OF THANKS

To: Academy of Senior Professionals

A few words to express my heartfelt gratitude for the plaque you presented to me at the May luncheon. Your kind words and the thoughts expressed on the plaque are indelibly etched in my mind.

It has been my pleasure and honor to work with such a fine group of individuals over the last seventeen years. Some of you are charter members who have been with us all along, including the planning process. Others have joined us in our learning, serving, sharing flight. All have been part of a growing vibrant organization that I am proud to have served as founder and current member.

Thanks again for the memories and the love you have shown. I am happy to continue on our journey together.

Sincerely,

Elbert Overholt



NEWS TO USE

by Shirley Mears

Oklahomans are so fortunate to have many events available at little or no cost. The State Fair Park always has lots of choices. Their website is www.statefairpark.com. For instance on October 11,12,13,14 is the Annual RV Clearance Sale in the Cox Pavilion, Travel & Transportation, Centennial, Carriage Hall buildings. This is a great adventure to take the family.

Then October 18-19-20 is the Mistletoe Market, a fundraiser with arts and crafts in the Cox Pavilion building.

Then October 26-27-28 is the An Affair of the Heart event. This is their 23rd year and is in all seven buildings. Another great resource is the Senior Info Line Area Aging Agency 800-211-2116.

If you know of an event you think would be interesting just call me at 514-8108 or email to news@45andbetternews.com.

[A page from the life of Shirley Mears]

Miliama is Hawaiian for "bird in flight"

by Shirley Mears

Many young wives left the safety of home, family and the mainland to join their military husbands in Hawaii in the early 1950's. My mother was one of them. She and Daddy married in January and he had orders to ship out right away. Mom lived with her parents while she saved money for the flight to join him. Five months later she took her tin suitcase to the airport for her first flight. Daddy had shaved his hair and she didn't recognize him among the wave of military men in uniform when she arrived in Honolulu.

However, Daddy found her. They had to live in a rooming house with one community bathroom in a large two story house built by a civilian for military families. They had one room without water. Outside the building was a large sink for the whole building and many of the native people to use. The sink became the gathering place for laundry, dishes and conversations.

Mom was 20 years old and feeling much alone. She was befriended by a very short dear native lady who lived in a small house behind the boarding house. Miliama became a mother figure and so when I was born I was given her name as one of my middle names.



Library Resources

by Bea Flinner

In An Instant: A Family's Journey of Love and Healings

By Lee and Robert Woodruff

When a book is written by two people, the project can become a challenge. Preceding the happenings in the story, Bob had just been named co-anchor of ABC's *World News Tonight*, along with Elizabeth Vargas — replacing Peter Jennings. Bob's new responsibilities sent him to Iraq barely one month later. That is when serious problems began!

In January, 2000, an armored vehicle in which Bob was riding was hit by a nearby improvised explosive device (IED). He and his cameraman were injured. Bob had been hit by many rocks of various sizes, one of which lodged in his throat. When he awoke from this, he was spitting blood. His recovery was very slow — and painful! But, he had a wife and four precious children who loved him! And they wanted to help him recover! Lee devoted her time and strength to helping her husband to do just that!

One learns from these intense, life-threatening happenings that the other end of the spectrum can be extremely painful for those who suffer because a loved one has been hurt so badly, and wants to help in any way possible! Adjustments can be extremely difficult — for everyone involved! [SNU Library]

2007-2008 Contributors to the ASP Luncheon-cost subsidies

- October VistaCare (Cathy Allen, RN, Executive Director)
- November Med-One, Inc. (Mr. Mark Rubes)
- December Southern Plaza Retirement Community (Mr. John Stoddart)
- January Spanish Cove Life-Care Retirement Village (Mr. Sherman Huff)
- February Edward Jones Investment Representative (Mr. Bill Martin)
- March The Burbridge Foundation Inc. (Mrs. Bobby Burbridge-Lane)
- April Southern Nazarene University
- May Tealridge Christian Retirement Village (Ms. Anita Kelly)



ASP: MORE THAN JUST A MONTHLY LUNCHEON

by Brenda Styers, ASP Director

Last May we officially said thank you to Dr. Elbert Overholt as he moved from his role as Executive Director of ASP to the role of a VERY active member. We are so very glad he will continue to be a vital part of the Academy. We simply couldn't give up that great smile and kind encouragement we've come to expect when we see Dr. Elbert! (He told me to call him "Elbert," but I just can't quite do that yet. So, he's Dr. Elbert to me.)

With this transition, it is my pleasure to work with the Academy as your new director. In the months to come, I will share a little more about myself, how I came to SNU and this role as the director of ASP. For now, though, I want to extend an invitation to each of you. The leadership of the Academy of Senior Professionals and Southern Nazarene University continues to share a vision for the Academy: a group of people who fellowship, enjoy life and serve alongside each other. We want our members and regular attendees to connect with each other and the University through other activities such as:

- interest groups built around education and common interest
- opportunities to take advantage of the SNU benefits afforded ASP members
- travel to area attractions
- and more

If you have thought about getting more involved in ASP, come to the OPEN MEETING of the Strategic Planning Committee on Monday, October 8, at 9:30 am. This is the perfect time to hear about our goals for this year, and find out how you might get involved. You are not joining the committee by attending the meeting. You will simply hear about ways you can work with others in sharing the responsibilities – and making the tasks more enjoyable -- as we plan for the year.

We will gather in the Student Life Conference Room in the Webster Commons. SNU Security will provide transportation from the Sawyer Center parking lot to the Webster Commons at 9:15 am.

I look forward to a wonderful year and hope to see you October 8!

UPCOMING SNU EVENTS

Upcoming SNU Events

Show your SNU/ASP ID card for free admissions to most events.

Vocal Master Class with Robert Hale

Date: October 9, 2007

Location: SNU Cantrell Music Hall, 7:00 p.m.

World-renowned opera baritone Robert Hale will sing and work with SNU vocal students. Open to the public.

SNU Metropolitan Orchestra Concert

Date: October 25, 2007

Location: SNU Herrick Auditorium, 7:30 p.m.

SNU Symphonic Band Concert

Date: November 1, 2007

Location: SNU Herrick Auditorium, 7:30 p.m.

SNU Chamber Winds & Percussion Ensemble Concert

Date: November 6, 2007

Location: SNU Cantrell Music Hall, 7:30 p.m.

SNU Homecoming 2007: Celebrating the School of Education*

Date: November 9-11, 2007

Location: Check schedule at www.snu.edu/homecoming

Featuring Dr. Mark Reighard at the Showcase Concert

For tickets, call the Office of Alumni Relations, 491-6312

Fall Opera—"Hansel & Gretel" by Engelbert Humperdinck*

Dates: November 15 & 17, 2007

Location: SNU Cantrell Music Hall, 7:30 p.m.

*Advance purchase ticket required.

Volunteer Opportunity

The Office of Alumni Relations has several volunteer opportunities available during the weeks leading up to Homecoming and during Homecoming Weekend. For more information, call Cheryl at 405.491.6312

ACADEMY LISTS MEETING DATES:

October 8	January 14	April 17 (PLN) no ASP
November 12	February 11	luncheon on campus
December 10	March 10	in April
		May 12

MEMBERSHIP DIRECTORY TO MAKE ITS 2007-2008 APPEARANCE IN NOVEMBER

Please check your personal directory information to be sure it is correct! Direct all changes to: Don Beaver at the October meeting or to dbeaver3@cox.net.

Continued from page 2—Arnold sentence: “You’ve got to!” That is not acceptance; it is fatalism, defeatism, resignation. **There is no word more positive than acceptance, since to accept is to say, “Yes!”**

I’d like to make a motion that we accept reality.

--Bob Newhart, from the *Bob Newhart Show*

Accepting reality is touted and encouraged by healthy, sane people. Facing and coming to terms with *what is* is a beneficial act. Acceptance brings peace. It is frequently the turning point for change. It is also much easier said than done.

Author Melodie Beattie, in her book *Codependency No More*, writes: “Acceptance does not mean adaptation. It doesn’t mean resignation to the sorry and miserable way things are...It means, for the present moment, we acknowledge and accept our circumstances, including ourselves and the people in our lives, as we and they are...Acceptance is the ultimate paradox: we cannot change who we are until we accept ourselves the way we are” (1992, p. 133).

To accept is to say yes to life in its entirety.

The adult who cannot accept growing old, or the old person who cannot accept his or her old age, or who accepts it grudgingly “because he’s got to” is in the same difficulty, blocked in his evolution against the stream of life. Life is one-way; its law is the same for all; it moves only forwards. Normal life follows along harmoniously, without turning back to its course or leaping forward.

When I was the Director of Prosthetics and Orthotics Education and Research at the Northwestern University Medical School in the 1960s I asked an elderly quadrilateral amputee, who was a regular “teaching patient” in our educational program, how if he had accepted the tragic loss of his arms and legs when he fell under a train as a child. His beautiful, wise answer remains in my vivid memory today: **“When you haven’t got what you would like, you must like what you’ve got.”**

To live truly, and not to vegetate, we have to say *yes to life* with conviction, to *choose life* in the fine expression of Deuteronomy 30:19 as recorded in the *Life Recovery Bible*:

*Today I have given you the choice
between life and death, curses and blessings.*

*I call on heaven and earth
to witness the choice that you make.*

Oh, that you would choose life,



ASP Calendar

Monday: October 8

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster **begins**
- 9:30 a.m. Strategic Planning Meeting Student Life Conf. Rm.
See information in article by Styers— page 5.
- 10:30 a.m. Shuttle: Sawyer to Webster Commons **continues**
- 11:15 a.m. Luncheon begins: Heritage Room—Commons
- 1:00 p.m. Luncheon meeting ends
- 1:15 p.m. Ad. Council: Faculty Lounge—Webster Commons
- 1:15 p.m. Shuttle: Webster Commons to Sawyer parking **ends**



REMINDERS/NEWS BRIEFS

- **President Arnold to present *The Pilgrims Progress*:** October 1, 3, and 5 at luncheon meetings of the Spanish Cove in Yukon, OK. ASP members and guests who are interested in attending should call Jack Arnold before September 25 at 350.0405 or the Cove at 354.5906
- **ASP/Web information:** Available on the web
See www.snu.edu/sr_professionals
or go to SNU Home Page; Alumni & Friends; Find Out More; Academy of Senior Professionals

