

## The Tapestry Thread of the Stearman Family at Southern Nazarene University Continues With Steve Stearman's Speech on April 12 at the Academy Luncheon Meeting

By James R. (Bob) Emmel

The Sam and B. Kaye Stearman family is a golden thread that has been interwoven into the historical tapestry of SNU for over half a century. As students, Sam and B. Kaye were great boosters of Bethany-Peniel College, and through the years as pastors and directors of the SAMS programs, they have contributed greatly to the SNU vignette. Now their son, Steve, is taking up the heritage of these two unique people to advance further the cause of SNU. He is our speaker for the April meeting of the ASP. The luncheon begins at 11:30 a.m. and ends at 1:00 p.m. For reservations, please call 405/789-2036 or 405/942-5305 before Friday, April 9.



Steve Stearman

Steve Stearman holds the B. S. degree from SNU, the M. A. degree from the University of Central Oklahoma and Administrative Certification from the University of Oklahoma. His record of employment is noteworthy. While serving for 21 years in the Putnam City School system, he was teacher, counselor, and principal; for two years he was an administrator for General Motors. He has been Director of Admissions and Marketing (Adult Studies) at SNU for the past seven years. Comments from Steve's colleagues are outstanding. One commented, "He is sensitive to human needs, a delight to work with, and a Christian gentleman to the core."

We are grateful to Steve Stearman for giving us his presentation, "Southern Nazarene University's Adult Education."

### ASP MEMBERS WILL HEAR REPORTS AND ELECT OFFICERS ON MONDAY, APRIL 12

As provided in the ASP Bylaws, "the Annual Meeting of the Assembly shall be organized and conducted by the President of the Academy [Dr. Jack Arnold], assisted by the Director of the Academy [Dr. Elbert Overholt]."

The Annual Meeting on Monday, April 12, will begin at 12:30 p.m. and conclude at 1:00 p.m. in the Heritage Room of the Webster Commons. The agenda for the Annual Meeting will be as follows:

- I. Report of the President
- II. Election of Vice-President, Treasurer, and Member-at-Large

**All members are urged to participate in this meeting.**

### MILTON SONNEVIK RESIGNS AS MEMBER-AT-LARGE AFTER EIGHT YEARS OF SERVICE TO THE ASP

Milton Sonnevik, an Academy of Senior Professionals (ASP) Charter Member, has been a faithful and productive member of the Administrative Council since its very beginning in 1990. On February 8, 1999, he submitted his resignation as the Member-at-Large, effective April 1, 1999.

In his resignation written on February 8, 1999, Sonnevik wrote: "The time for me has come when I need to step aside and let others have the opportunity to be involved. I will continue to be interested in and supportive of the total program of the ASP."

The Council members accepted his resignation with deep regret and expressed their sincere gratitude for his invaluable services to the ASP members and the extended community as the first Member-at-Large of the ASP.

#### PLEASE MAKE A NOTE OF THESE 1999 ACADEMY OF SENIOR PROFESSIONAL (ASP) CALENDAR DATES\*

9:30-10:45 a.m.	Research Interest Group	Royce Brown 135
11:00 a.m.	Shuttle to Commons	BFC Parking Lot
11:30 a.m.	ASP Luncheon Meeting	Commons Heritage
1:00 p.m.	Shuttle to BFC Parking Lot	Commons
1:30 p.m.	Administrative Council	Royce Brown 135

**CORRECTION:** In the February issue of this newsletter, two dates were omitted from the 1999-2000 luncheon schedule; therefore the complete list of dates is as follows:

1999	2000	
October 11	January 10	April 10
November 9	February 14	May 8
December 13	March 13	

\*For reservations, please call 405/789-2036 or 405/942-5305

**Editorial**

**An Attitude of Gratitude**

By Jack David Arnold



"For everything created by God is good...if it is received with **gratitude**" (I Timothy 4:4 NASB). Last April when I was elected President of the Academy of Senior Professionals (ASP), I was grateful for the confidence that the ASP members placed in me, but I was also humbled by the unanimous vote and the task that lay ahead of me.

It has been well said that "Life is a tough school because the exams come first and the learning afterwards." The election came first. Then I had to learn how to perform my new duties; however, by faith, I seized upon Timothy's comforting words that "everything created by God is good if it is received with gratitude."

The word **gratitude** is taken from the Latin word **gratus**, translated as **pleasing**. *Webster's Collegiate Dictionary* explains: "to be **grateful** is to be warmly or deeply appreciative of kindness or benefits received: to be thankful."

For all the help that I have received from the leaders, members, and supporters of the ASP in the 1998-99 academic year, I offer **thanks to God, my Creator, and Father in Heaven.**

As I endeavored to practice "**an attitude of gratitude**" in my walk and talk during my first year as President, three guidelines have been foremost in my words, thoughts, and deeds:

- **To search for the good and praise it** because the more good I can see and praise, the more I can direct creative energy to positive results.
- **To give thanks ahead of time for whatever good I desire** because my *outer life* reflects what I have created in my *inner life*.
- **To give thanks for my problems and challenges** because the strength and knowledge that comes from them helps me to *grow through* - - not just *go through* - - my problems and challenges.

When I was a student at Taft Junior High School in Oklahoma City, my English teacher required me to memorize Rudyard Kipling's poem, "If." Although this task seemed insurmountable at that time, I have been

inspired throughout my life by the course and vision of this poem.

Kipling taught me to dream - - but also to master my dreams. I learned from this great English poet that the earth belongs to us, and with courage and enthusiasm, progress is likely to follow. The final stanza of "If" rings in my ears today:

**If you can fill the unforgiving minutes  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - - which is more - - you'll be a Man, my son!**

**An "attitude of gratitude" is attractive and pleasing, and it has the power to bring about much good, to make dreams come true, and to see visions become realities.**



***The Academy Perspective***

**---Editors---**

Executive	Jack David Arnold, Ph.D.
Production	Don Beaver, Ph.D.
Copy	Anna Belle Laughbaum, Ph.D.
Managing	Elbert Overholt, Ed.D.

**---Columnists---**

Obituaries	Glendena and Gene Adams
Book Reviews	Wini Howard, M.T.
Library Resources	Shirley Pelley, M.L.Sc.

**---Staff Reporters---**

Photography	Edith Payne, B.S.N.
Programs	J. Robert (Bob) Emmel, Ph.D.
Research	Beatrice E. Flinner, M.L.Sc.

**---Communications Policy---**

We value messages from our readers.

By mail:

***The Academy Perspective (TAP)***

Southern Nazarene University

6729 N.W. 39<sup>th</sup> Expressway

Bethany, OK 73008

By fax: (405)491-6381 By telephone: (405)789-6400

By computer: [www.snu.edu](http://www.snu.edu) For the Public>Academy of Senior Professionals>***The Academy Perspective (TAP)***



**THE RESEARCH INTEREST GROUP  
SPONSORED THE MARCH 8 SYMPOSIUM  
AND TILL HAVE ITS FINAL MEETING OF  
THIS ACADEMIC YEAR ON APRIL 12**



By Bea Flinner

At the February meeting of the Academy of Senior Professionals (ASP), the Research Interest Group (RIG) sponsored a presentation of "NUTRITION AND EXERCISE FOR OPTIMAL HEALTH" with Dr. Wanda Rhodes as the featured speaker. Larry and Kathy Breeding, owners of LifeNet Marketing, Inc. were also in attendance, with Mrs. Breeding presenting information on the "Importance of Basic Diet."

In keeping with additional topics considered by the committee, the April 12 meeting of RIG will include two presentations on the agenda. Dr. Roy Dorris will be making remarks on "Adverse Drug Interaction: An Iatrogenic Potential." Bea Flinner will read a paper dealing with ALTERNATIVE MEDICINES. The RIG members and guests will meet in Royce Brown, Room 135, at 9:30 - 10:45. Attendance is strongly encouraged.

RIG is a committee that is concerned about locating information on topics that are appropriate to senior adults. In turn, some of the findings will be presented at selected at the Academy of Senior Professionals (ASP) meetings by various speakers. The committee members would like for those who are interested in conducting research to attend the April meeting for input or information.



Wanda Rhodes, the featured speaker, addresses the ASP members and guests on the topic, "Nutrition and Exercise for Optimal Health," at the February 9 symposium.



Kathy and Larry Breeding, shared their knowledge and experience on nutrition for senior wellness in the symposium.

**CONTINUOUS LEARNING**

By Elbert Overholt

The thrill of learning is persistent throughout life; from the child's first discovering his hands to the smile on the face of the senior when he learns how to manipulate the computer. This continuous process should be ongoing throughout our lives.

Elderhostel is one resource that is available for our learning opportunities. Elderhostel, a non-profit organization providing high quality, affordable, educational opportunities for older adults, advocates learning as a lifelong process, sharing new ideas, challenges and experiences.

Founded in 1975, Elderhostel programs were originally based on a few college and university campuses. Today, Elderhostel serves hundreds of thousands of older adults in many universities, conference centers, and other educational centers throughout the world.

Taking advantage of its hostel programs is an excellent way to learn and visit a local area. The hostellers come together as individuals who share a common desire to learn. A catalog of their varied national and international programs is available on the Internet or may be requested by mail. Elderhostel supports a network of independent community-based Institutes for Learning in Retirement. They also publish the Elderhostel Insider, a quarterly available to active elderhostellers.

Additional information may be obtained from the office headquarters: Elderhostel, Inc., 75 Federal Street, Boston, MA 02110-1141, (617) 426-7788 -- administrative office, Internet address: <http://www.elderhostel.org>.

Generations Together (GT) is a program at the University of Pittsburgh that concentrates on intergenerational human services and intergenerational studies as an academic discipline. GT may be contacted at [jonquilt@pitt.edu](mailto:jonquilt@pitt.edu) or 121 University Place, Pittsburgh, PA 15260. The University of Pittsburgh website [www.pitt.edu](http://www.pitt.edu) contains a list of intergenerational program sites. An example follows: Link 2000 <http://libraryadvanced.org/10120/cyber/extended/main.html>. Link 2000 contains the following: Introduction, Image of Aging, Demographics, Social Aspects, Aged of Today, Aged of Tomorrow, Biology of Aging and a Bibliography.

These programs represent a small sample of the wide variety of resources available to the person who desires to continue learning. A most enjoyable sensation of accomplishment and success is obtained when learning is observed across generations. Realizing that a portion of this learning is passed from members of the previous generations gives one an awesome sense of responsibility, along with being rewarded for a contribution to posterity.

We have numerous opportunities to continue our learning. As Academy of Senior Professionals (ASP) members, we are fortunate to have excellent opportunities for shared learning on the Southern Nazarene University campus and the greater Oklahoma City community. No doubt, our new ASP Strategic Planning Committee will be developing some new ones for us to consider. I want to be involved in such a legacy of learning. Do you?

**BYLAWS\***

ACADEMY OF SENIOR PROFESSIONALS at SOUTHERN NAZARENE UNIVERSITY

**Article I. Membership**

**Section 1. Qualifications:**

The qualifications for membership shall be as follows:

Members shall be individuals from various professional backgrounds who, having arrived at the state in life where they no longer need to meet the pressure of regular professional activities, would like to join with others in comparable circumstances in the realization of personal and shared goals entailing various forms of intellectual, cultural, spiritual, and service activities. They shall show evidence of humane concern, intellectual purpose, and the ability to share and synthesize experience and expertise.

**Section 2. Privileges of Membership:**

Members in good standing shall be entitled to the following rights and privileges:

- (a) Members shall be entitled to all rights and privileges of membership in the Academy including the right to vote, to make nominations, to hold office, and to serve on committees.
- (b) Members shall be entitled to all special University and community privileges, established by the Academy. (A list of these special privileges is available from the Director).

**Section 3. Admission of New Members.**

Application for membership shall be made to the Director on forms provided by the Academy to the prospective member.

Members shall be approved by the Committee on Membership and by members of the Administrative Council.

**Section 4. Good Standing and Requirements for Continued Membership.**

A member is considered to be in good standing as long as he or she has paid all dues and has satisfied any other obligations to the Academy.

**Article II. The Assembly**

**Section 1. Name and Composition:**

The voting Members of the Academy shall constitute the Assembly.

**Section 2. Powers and Duties:**

The Assembly shall be empowered to

- (a) Enact, amend and repeal the Bylaws of the Academy.
- (b) Transact such other business as may be requested by the Administrative Council or as may be proposed by the members.

**Section 3. Meetings:**

- (a) Annual Meeting: The annual meeting of the Assembly shall normally be held during April at the time and place established by the Administrative Council in consultation with the Director. Notice of the Annual Meeting shall be published in *The Academy Perspective* prior to the meeting.

- (b) Regular Meetings: The regular meetings of the membership shall normally occur every month, or as the need arises.
- (c) Special Meetings: Special meetings of the Assembly may be call by
  - (1) The Administrative Council upon written notice to the members.
  - (2) The membership by written notice to members signed by 25% of the Members.
  - (3) Presiding Officer: The President of the Academy, or, in the absence of this officer, the Vice President, shall preside at meetings of the Assembly, or in the absence of both, the members present shall designate a presiding officer pro tem. The presiding officer shall not vote on matters brought before the meeting except in case of a tie vote.

**Section 4. Quorum:**

The presiding officer shall determine the presence of a quorum for the transaction of business at any meeting of the Assembly.

**Section 5. Rules of Order:**

The rules contained in Robert's Rules of Order (latest edition) shall govern the deliberations of the Assembly, except where they conflict with the Bylaws of the Academy.

**Section 6. Election Procedures:**

- (a) At least six weeks prior to the annual meeting of the Assembly, the Administrative Council shall name a nominating committee to assist the Director, who shall serve as chairman of the committee, in obtaining candidates for the needed offices. These nominations will be presented to the Administrative Council for approval.
- (b) The membership of the Academy will vote on the recommendations of the Administrative Council at the Annual Meeting. Permission of the candidate will be obtained before placing a name on the ballot.
- (c) Each officer will be elected for a period of two years. The Vice-President, Treasurer, and Member-at-Large will be elected at the Annual Meeting in odd-numbered years beginning in 1999. The President and Secretary will be elected at the Annual Meeting in even-numbered years beginning in 2000.
- (d) Tellers appointed by the President shall count the ballots. Those nominees receiving the largest number of votes shall be declared elected.

**Article III. Committees of The Assembly**

**Section 1. Types of Committees:**

The committees of the Assembly shall consist of standing, special, and subcommittees.

**Section 2. Standing Committees:**

The Assembly shall have four (4) standing committees designated as follows:

- (a) Committee on Bylaws and Organization

[Continued on page 5]

- (b) Committee on Membership
- (c) Committee on Programs
- (d) Committee on Strategic Planning

Section 3. Composition

Standing committees shall each be composed of a chair and a minimum of two (2) members. The chair and the committee members shall be appointed by the President in consultation with the Administrative Council.

Section 4. Powers and Duties:

- (a) General: All standing committees shall be governed by the provisions of the Bylaws. The President may assign additional duties to any committee as deemed necessary to the functions of the Academy. It shall be the duty of all committees as an integral part of the Academy to work with and report to the Administrative Council and to be under its supervision for the accomplishment of the objective and mission of the Academy.

No resolution of any committee shall be deemed to establish the policy of the Academy until it has been approved by the Administrative Council and the Assembly.

A written annual report shall be prepared by each committee, a summary of which shall be presented at the annual meeting.

- (b) Committee on Bylaws and Organization: The Committee on Bylaws and Organization shall review annually the Academy Bylaws to ascertain that all items are current to the best interests of the Academy and shall make recommendations for additions and amendments when deemed necessary to promote the proper functioning of the Academy for the good of itself and its membership.
- (c) Committee on Membership: The Committee on Membership shall develop programs for the promotion of membership in the Academy and shall recommend applicants for membership.
- (d) Committee on Programs: The Committee on Programs shall develop educational and entertainment type programs of interest to the Academy.
- (e) Committee on Strategic Planning: The Committee shall research, develop, and recommend short- and long-term plans for the Academy and promote the interchange of programs and activities with students, faculty of the University, and members of the extended community.

Section 5. Special Committees:

The Assembly may create special committees for specified terms. The purpose, number, manner of appointment of members, and the function of such committees shall be as set forth in the resolution creating them. These special committees shall prepare a written report covering their activities, a summary of which shall be presented at the Annual Meeting.

Section 6. Ad Hoc Committees and Subcommittees:

Either by decision of the Director, Administrative Council, or on the initiative of the President of the Administrative Council, ad hoc committees and subcommittees may be appointed to give consideration to subjects deemed to be in the interest of the welfare of the Academy. At the time of their appointment, each committee shall be given its charge, length of term, and other pertinent conditions in writing. Members of the Academy will also be notified at the next regular meeting of the Assembly.

Section 7. Action by Committees:

- (a) Action at meeting: Meetings of committees shall be called by the chair, the call giving all members of the committee the place and purpose and time of the meeting. A majority of members present at the meeting shall be required for adoption of resolutions and reports of the committee.
- (b) Action without a meeting: A committee may also adopt reports and resolutions without a meeting if after circulation of a written proposal to all members of the committee a majority of such members approve the proposal in writing.
- (c) Action by phone: Under unusual circumstances agreement can be reached by telephone provided written affirmation of vote is maintained and becomes part of the minutes of the next meeting.

Section 8. Vacancies:

The chair of each committee shall appoint a member to fill any vacancy which occurs in a committee. Such appointment is subject to the approval of the President.

Section 9. Rules of Order:

The rules of order are the same as those in Section 5 of Article II, The Assembly.

Article IV. Administrative Council

Section 1. Name and Composition:

The executive body of the Academy, the Administrative Council, shall consist of five (5) members currently elected by the Assembly. The Assembly shall elect four (4) officers: a President, a Vice-President, a Secretary, and a Treasurer. One additional member shall be elected to serve with the officers on the Administrative Council. A Council member may succeed himself or herself at the discretion of the nominating committee.

The Immediate Past President of the Academy, if not currently elected, shall be an ex-officio member of the Administrative Council. The Director of the Academy shall also serve on the Administrative Council.

Section 2. Powers and Duties:

The Administrative Council shall manage the affairs of the Academy, subject to the provisions of these Bylaws and any pertinent resolutions of the Assembly. Between meetings of the Assembly the Administrative Council shall have the power to establish ad interim policies for the Academy.

Section 3. Meetings:

The Administrative Council shall meet on call of the President or the Director as needed for operation of the Academy.

Section 4. Quorum:

A majority of the voting members of the Administrative Council shall constitute a quorum for the transaction of business.

Section 5. Rules of Order:

The rules or order are the same as those in Section 5 of Article II, The Assembly.

Section 6. Action without a Meeting:

The Administrative Council may conduct its affairs by telephone or by mail when the President, or in the absence of the President, the



Vice President, determines that the best interest of the Academy requires such actions. All actions taken in this manner shall be presented for ratification at the next session of the Administrative Council.

**Article V. Elected Officers**

**Section 1. Designations:**

The elected officers of the Administrative Council shall be a President, a Vice President, a Secretary, and a Treasurer who shall also serve in those capacities as officers of the Academy.

**Section 2. Duties:**

- (a) The President shall preside over all meetings of the Assembly, shall appoint judges and tellers for all elections, shall present an annual written report to the Academy on the state of the Academy, and shall perform such other duties as custom and parliamentary usage prescribe.

The President shall perform such other duties as are set forth elsewhere in these Bylaws and shall serve as ex-officio member of all committees.

- (b) The Vice President shall assist the President in the performance of duties and shall assume the duties of the President in the absence of the President.
- (c) The Secretary shall serve as secretary of the Assembly and the Administrative Council and shall prepare all official minutes and reports of the Academy except those pertaining to the office of the Treasurer, and shall maintain a list of members of the Academy. The Secretary shall perform such other duties as are prescribed by these Bylaws or by resolution of the Administrative Council of the Assembly.
- (d) The Treasurer shall handle the financial affairs of the Academy, shall keep accurate records and report to the meetings of the Administrative Council and the Assembly and shall perform such other related duties as prescribed by the President.

**Section 3. Qualifications and Terms of Office:**

Only Members of the Academy may serve as elected officers. Elected officers shall assume office at the close of the annual meeting of the Academy at which they are elected. Officers are elected for a term of two years and may be reelected at the end of their term.

**Section 4. Election or Automatic Succession to Office:**

Upon the expiration of the term of office, the President shall become the Immediate Past President for a period of two years.

**Section 5. Vacancies:**

- (a) President: In the event the office of President becomes vacant, the Vice President shall assume the office of President for the unexpired term.
- (b) Vice President: In the event the office of Vice President becomes vacant, the Secretary shall assume the functions of the Vice President for the unexpired portion of the term in addition to his or her other duties.
- (c) Secretary: In the event the office of Secretary becomes vacant, the President shall appoint a successor pro tem to serve until a new Secretary can be elected.

**Article VI. Staff Officers**

**Section 1. Designations:**

The staff of the Academy shall be a Director and such other persons as the Administrative Council may from time to time recommend, subject to the approval of the President of Southern Nazarene University.

**Section 2. Duties:**

The Director, in consultation with the President and the Administrative Council, shall administer the affairs of the Academy, consonant with the policies of Southern Nazarene University as interpreted by the President of the University to whom the Director is administratively responsible.

**Section 3. Appointment:**

The Director of the Academy shall be appointed by the President of Southern Nazarene University, with the advice of the Administrative Council.

**Article VII. Fees, Dues, and Fiscal Matters**

**Section 1. Fiscal Matters:**

The fiscal year of the Academy shall coincide with the Annual Meeting of the Academy of Senior Professionals.

**Section 2. Fees and Dues:**

- (a) General: Annual dues shall be paid in full at the Annual meeting in April and not later than the May meeting. members whose dues are one year in arrears will be carried on the roll as an inactive member for an additional year. Initiation dues and prorated annual dues shall be paid in full at the first meeting of the Academy attended by the inductee.
- (b) Amounts: The amounts of fees and/or dues shall be recommended by the Administrative Council. The Assembly shall establish dues and fees at the Annual Meeting.

**Section 3. Funds and Property:**

General: Funds, grants, equipment, or other property given to Southern Nazarene University, a legally established non-profit corporation, for use by the Academy or in accordance with a designated project of the Academy, shall be utilized solely to further the objective and mission of the Academy or the specific project.

**Article VIII. Organization of the Annual Meeting**

The Annual Meeting of the Assembly shall be organized and conducted by the President of the Academy, assisted by the Director of the Academy.

**Article IX. Approval and Amendments**

These Bylaws may be approved or amended at any meeting of The Assembly at which a quorum is present by a two-thirds (2/3) affirmative vote of the members present and voting, provided that a description of the proposed Bylaws or Amendments shall have been included in the notice of such a meeting.

These Bylaws and Amendments are subject to approval by the President of Southern Nazarene University.

[End of Bylaws]