



# Perspective

Vol. 14 — No. 2

November — 2004

## November 8 Academy Luncheon to Feature



### Contact Crisis Helpline

by Shirley Mears

#### Mission Statement

**Contact** listens, educates and empowers the people of Oklahoma through 24-hour emotional support, promotion of mental health, and access to community services.

#### Vision

**Contact** will be the essential link between people in need and community services and will be the premier provider of individual and community hope.



Nancy Medley Suhre  
Development Director  
Contact Crisis Helpline

“I just don’t know what to do.” Have you heard that phrase before? What would you say to someone who has more than his or her share of problems? When a friend appears to be overwhelmed with sadness and problems that don’t seem to have an answer, what would you say? Contact Crisis Helpline offers services to central Oklahoma individuals, businesses, faith groups and organizations. They received

nearly 44,000 calls in 2003. Helpline volunteers receive listening skills that are useful in all relationships.

Oklahoma ranks ninth in the nation in deaths by suicide which has touched the lives of most of us. If you are aware of someone who is struggling with thoughts of suicide, help is available for you as well.

Plan now to attend the Academy luncheon and learn more about the work of the Contact Crisis Helpline.

All members and guests are cordially invited to hear Ms. Nancy Suhre and are urged to make their reservations by Thursday, November 4: 405.789.2036. The luncheon, which is held in the Webster Commons on the campus of Southern Nazarene University, begins at 11:15 a.m. and ends at 1:00 p.m.; the cost of the buffet luncheon is \$7.50.



## Thanksgiving

Author Unknown

It’s the time of year when we’re reminded to give thanks. Instead of waiting until next year to be reminded, Let’s make every day one of thanksgiving; After all, each day is a unique gift. So, give a hug for no reason; Say, I love you just because; Share a smile with a stranger; Take the time to count your blessings; Don’t take anything or anyone for granted; And end each day with no regrets. Thank you, my friends and family, For sharing, caring, laughing and crying with me. I’m truly blessed to have each and every one of you in my life. And I am thankful you have allowed me To be a part of yours. May you and yours have a safe and memorable Thanksgiving.



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

**Have you met a curmudgeon in your community recently?**

Given the upcoming Thanksgiving holiday, I started to write an editorial about gratitude and found myself meandering through By-path Meadow by researching a word that has always aroused my curiosity: *curmudgeon*.

*Merriam Webster's Collegiate Dictionary* (10<sup>th</sup> ed.) defines the word *curmudgeon* as follows: noun [origin unknown] (1577) 1. *archaic*: miser 2. a crusty, ill tempered, and usually, old man.

On the one hand, most seniors will sacrifice their valuable time to help others or will spend hours listening attentively to their joys and concerns. They are positive, sacrificial, and obliging by nature. In the canine world, they would be *Poodles*. My poodle, Aristotle (aka "Arie"), influenced my choice of his breed as a positive role model for human behavior.

Some senior adults, on the other hand, are happy when sharing their opinion with everyone they meet. They think they are doing others and the rest of the world a favor by dispensing their wisdom, with no charge; so, folks had better take the time to listen! They have a chronic case of oral diarrhea.

They tend to be negative most of the time. They have a barbed tongue and use criticism as their tool to try to bring about change in others and the "wilderness of this world." They are sarcastic and contrary by nature. They say what they think whether others like it or not. They are crusty and sometimes even a bit cantankerous. They snarl at pretence and bite at hypocrisy out of an unhealthy sense of outrage.

Ridicule is one of their favorite weapons, and they are usually expert marksmen. They have a low boiling point and tend to get annoyed with a lot of things happening in the world around them. Their pet peeve is a cheerful person. Their favorite drink is sour pickle juice. In the canine world, they would be *Rottweilers*.

One might call them cranks, codgers, or geezers. Why not call them *curmudgeons*? It seems a more respectable label for what many would call just

Continued next column—Arnold



**"Sharing a Continuous Flight"**

*The Academy Perspective*

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an old grump or cranky grouch. In the animal world, they would be *Pekingese*—a dignified little dog who, according to the American Kennel Club, can be somewhat stubborn, very direct, highly protective, and fiercely independent.

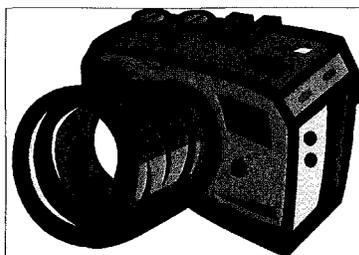
Some *curmudgeons* maintain that they are terribly misunderstood and a maligned group. It must be noted that some of them are really trying to change for the better; they just don't go about it a comfortable way. Their awareness of what is wrong in society is a curse. They are frequently ticked off because they are constantly aware of so much to be ticked off about. They genuinely wish things were better.

Continued column 1, p 6 — Arnold



# ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



**Above:** Penny Stephenson became Miss Merry Weatherbee as she presented a delightful luncheon program "Observing Life in the Rhyme of Schemes."

**Above:** Decorations for the October luncheon tables were in the Halloween colors of black and orange.



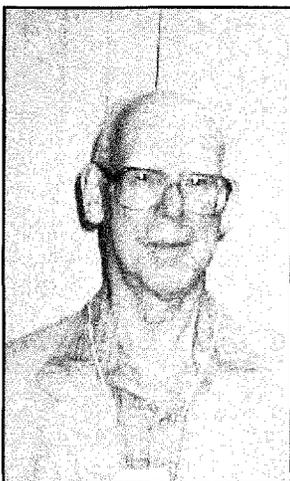
**Left:** New members, Morgan Weber and Valerie Morrison are presented Membership Certificates by membership chair, Billie Harrison



**Right:** New Research Interest Group chair, Valerie Morrison joined other dignitaries at the luncheon head table.

**Below left:** Guest of the George Millers was Ethan Beals from Seattle, WA.  
**Below right:** Stephanie Wilson, Marketing Director for Saint Ann Retirement Center in Oklahoma City.

**Below left:** Roy Franklin, ASP secretary, offered a prayer of invocation and blessing for the food for the October luncheon. **Below right:** Wally Brown was guest pianist and added a special entertainment and inspiration to the meeting.





### Library Corner

By Bea Flinner

Some of our readers are acquainted with, or know about, the author of *God Is Never Late; He Is Seldom Early; He's Always Right On Time*. Stan Toler is a prolific writer, having more than 50 books to his credit. This book was published by Beacon Hill Press of Kansas City, in 2004.

The reading of the book is actually relaxing, because the author's unique way of presenting even difficult subjects almost commands the reader not to leave out any part of this very interesting publication. Toler has a sense of humor as well as a serious side, which holds an individual's interest and desire to read until the book is finished.

"Does it seem like God told you to take a number and move to the back of the line?" "Have you asked for patience but God hasn't granted it yet?" The book answers these, and other questions. God is faithful—and He will never be late! (Toler deals with the Christian life by using anecdotes, meditations, and humor).

Toler is the senior pastor of Trinity Church of the Nazarene in Oklahoma City, Oklahoma, and hosts the television program, "Leadership Today."

The book is in the SNU library.



### ASP News You Can Use

by Shirley Mears

#### November is American Diabetes Month!

Did you know that diabetes and heart disease are linked? People with diabetes are at high risk for a heart attack or a stroke. Their heart attacks tend to be more serious and can happen early in life. In fact, two out of three people with diabetes die from heart disease or stroke. Both women and men are at risk.

Fortunately, there is a lot you can do to reduce your risk for heart disease and stroke.

During American Diabetes Month this November, the American Diabetes Association together with the American College of Cardiology, are working to increase awareness of the link between diabetes and heart disease. Through an initiative called "Make the Link! Diabetes, Heart Disease and Stroke" the organizations are urging people with diabetes to learn how they can lower their chances for heart disease and stroke.

#### The Interview

[Found posted in a humor newsgroup]

A man who had been in a mental home for some years finally seemed to have improved to the point where it was thought he might be released. The head of the institution, in a fit of commendable caution, decided, however, to interview him first.

"Tell me," said he, "if we release you, as we are considering doing, what do you intend to do with your life?"

The inmate said, "It would be wonderful to get back to real life and if I do, I will certainly refrain from making my former mistake. I was a nuclear physicist, you know, and it was the stress of my work in weapons research that helped put me here. If I am released, I shall confine myself to work in pure theory, where I trust the situation will be less difficult and stressful."

"Marvelous," said the head of the institution.

"Or else," ruminated the inmate. "I might teach. There is something to be said for spending one's life in bringing up a new generation of scientists."

"Absolutely," said the head.

"then again, I might write. There is considerable need for books on science for the general public. Or I might even write a novel based on my experiences in this fine institution."

"An interesting possibility," said the head.

"And finally, if none of these things appeals to me, I can always continue to be a teakettle."



Billie Harrison

### Academy Obituary

By Billie Harrison

Rev. Bill Porter

10/18/27 — 9/27/04

Rev. Bill Porter was born in Newkirk, OK, to Chauncey and Ruth Fox Porter. He married Juanita Blake in 1948.

Rev. Porter received a B.A. in Religion from Bethany-Peniell College, now Southern Nazarene University. He also earned a B.A. degree in French horn from the Conservatory of Music in Puerto Rico. Most recently, he was granted the Doctor of Divinity degree from SNU.

Following two years of pastoral ministry in Galveston, Texas, the Porters served three years as professors at the Latin American Nazarene Seminary in San Antonio, Texas. In 1954 they were assigned to serve in Puerto Rico, where they ministered for twenty-two years, developing strong national church leadership. In 1976 they were transferred to New Zealand, where for four years Rev. Porter served as district superintendent. The Porters opened the work of the Church of the Nazarene in Venezuela in 1982. They retired from active missionary service nine years later with ninety Venezuelan congregations established.

Rev. Porter will be greatly missed by his wife, Juanita, by his two sons, Jerry D. Porter and William B. Porter, and by thousands whose lives he impacted.

Bill and Juanita were active members of the Academy of Senior Professionals.



## Writers' Workshop

### Contributor

#### On Solitude

by Anna Belle Laughbaum

"What are you doing to keep busy?" I am frequently asked. Shrouded in the question is the foregone conclusion that keeping busy and living the good life are synonymous. When the question pinches a particularly sensitive nerve, I feel like responding, "I am searching the tomes to find what philosopher said, 'Keeping busy is the Sumum bonum, the highest good, of life'."

Where in the Word of God does He say, "Be busy and know that I am God"?

Keeping busy is not one of my primary goals; in fact, keeping from keeping busy is. I must have times of solitude when "tumult and noise may not intrude to interrupt the soul." (Mary Mullineux, "Solitude") I need these times to give my soul a chance to catch up — more than that — to surpass the dictates of my body.

The world does not understand one's need to be alone. Anne Morrow Lindbergh expresses its attitude toward solitude: "If one sets aside time for a business appointment, a trip to the hairdresser, a social engagement, or a shopping engagement, that time is accepted as inviolable. But if one says, 'I cannot come because that is my time to be alone,' one is considered rude, egotistical or strange. What a commentary on our civilization, when being alone is considered suspect; when one has to apologize for it, make excuses, hide the fact that one practices it. . . . Actually, these are among the most important times in one's life — when one is alone. Certain springs are tapped only when one is alone." (Gifts from the Sea, p. 50)

I revel in these alone-times. Let me tell you about one of them. Not far from the family farmhouse in northern Michigan a little brook struggles around a beaver dam and ripples onward. It skirts a marshy patch of thistles showcasing feathery lavender blossoms. A hundred yellow-and-black goldfinches flit in roller-coaster fashion among them. Happy little bundles of energy, they fill the air with musical twitterings as if in thankfulness for their manna seeds.

In solitude, I enjoyed this scene of harmonizing beauty, not only natural beauty, but spiritual beauty as well. My heart sang, "His eye is on the goldfinch and I know He watches me." I had tapped one of those springs.

I could understand better the words of the poet William Wordsworth when he wrote about the "bliss of solitude." This is how he described the time he spent "in vacant and in pensive mood" recalling an earlier experience when he walked among the daffodils along Lake Grasmere. There is worth, often eventuating in gladness — another word for bliss — in solitude. In being alone to think, alone to sort out one's feelings, alone to come a little closer to the meaning of life, alone to be still and know that He is God.

What about the place of solitude? "A man should keep for himself a little back shop, all his own, quite unadulterated," said

Montaigne, "in which he establishes his true freedom and chief place of seclusion and solitude." (Essai, bk.1, chap.39)

In building a house, a man may include an inner, thick-walled room where he can be shielded from tornadic winds and when the storm is over, leave it unscathed. Imaginatively, we can create our own inner room to shut out the swirling winds of a world that is "too much with us" and leave it unshaken and the world at a distance.

My times of solitude push away the world and bring me closer to my goal of being like the one "who saw life steadily and saw it whole." (Matthew Arnold, "To a Friend")



#### Poet's Corner

By Jack Pischel

##### Retirement

Retirement? A pretty dream  
of fishing, trips and fun,

And coffees down at Dairy Queen  
with friends — a honey bun.

And there'll be time to sleep 'till ten  
No blaring from the clock.

No punching in down at the plant,  
Not one thing to cause shock.

And all those things the wife wants  
done

Will all be whipped out soon.

But first I'll play a round of golf —  
I'll be back right at noon.

Of course, I'll have to mow the lawn  
and keep the car in shape.

Wife says trim boards on the house  
need paint — I'll have to scrape!

And at the church there's much to  
do —

and now since I'm retired —  
They look to me for lots of help.

How can I get me fired?

Retirement is a puzzlement —  
the life is kinda rough.

A sissy cannot make it work:  
Retirement's just too tough.

You get out of bed each morning:  
There are many things to do.

But you decide which, what, and  
where.

To wear boots or a shoe.

The uniform you wore for years  
left nothing to decide.

You put it on, you went to work  
your lunch pail by your side.

You didn't ask, "What should I do?  
Where should I go today?"

You went to work and by your  
sweat

you earned your daily pay.

The weak ones last a month or two;  
then go and look for work.

They can't sit down and just relax  
—

Some duty they might shirk.

And every morning questions

Come —

I tell you that's the rub.

They poke out from the mind each  
day

like spokes from out a hub.

Yes, now the questions always  
come:

What should I do today?

Where should I go? What should I  
wear?

Should I work? Or can I play?

But one thing's sure

I am retired:

I waited months for this —

and I will not allow those  
thoughts

To rob me of my bliss.

No — I am strong — I have a  
dream

And I will see it through:

But sometimes I would like to  
think

There's not one thing to do.

Continued from column 2, p. 2 — Arnold

If I were to ask a curmudgeon how he feels, he would tell me the truth. If he is having a horrible day, he will let me know that--without any artificial response. In some ways that's refreshing! If I were to respond with the old line, "Have a nice day.... Things will get better, I'm sure," he would hate that! He would also probably bark some rude response to my well-intended comment. There may be some value to curmudgeonry if people can find the patience to hear the curmudgeons out without pre-judging their intentions. They will continue to comment on the human condition without apology. It is guaranteed that they will continue to criticize and find fault.

Three questions come to mind as I think about my recent experience with curmudgeons: 1. Are they perfectionists at heart who just haven't acquired proper communication skills? 2. Do they add flavor and stability to a runaway society? 3. Is there such a person as a "not-entirely-unlikable grouch"?

There is no excuse for downright rudeness, but perhaps the curmudgeons have gotten bad press in the same way that messengers are often blamed for their messages.

I invited a curmudgeon to dinner recently, and I complimented him on his wisdom. I experienced one minute of stunned silence. He was not accustomed to receiving compliments. **I did have the last word with him for a change!**



### News Briefs

#### Membership Costs:

Membership dues for Academy members are \$15.00 per calendar year. New initiates pay a \$10.00 initiation fee and monthly dues (\$1.25) pro-rated for the remainder of the calendar year.

#### Telephone Committee:

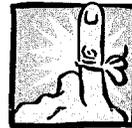
**Grant Keeton** will serve as the temporary Chair of the Telephone Committee through the months of November and December. **Shirley Pelley** will chair that committee January through May 2005.



### ASP Calendar

#### Monday: November 8

- 9:30-11:00 Writers Workshop, Commons Conf. Room
- 9:00-11:00 Shuttle: **Sawyer parking lot** to The Commons
- 11:15-1:00 Luncheon/Heritage Room-Commons
- 1:00 p.m. Shuttle: Commons to **Sawyer parking lot**
- 1:15 p.m. Administrative Council--Faculty Lounge



### REMINDERS

\*If you look for a parking space for the next ASP meetings, don't forget to **consider using the Sawyer parking lot**. (North of the Sawyer Center—41st and Donald)



### AARP 55Alive Driving Course Offered Again in November

**Saturday, November 20 - 9:00 a.m. to 4:00 p.m.**  
**SNU Business Building, Room 125**

The AARP 55Alive Driving course will be offered by the Academy of Senior Professionals member, Dr. Gerald Knutson, on Saturday, November 20, from 9:00 a.m. to 4:00 p.m., Room 125, in the Royce Brown Business Building, on the SNU campus.

Dr. Knutson is a certified AARP instructor and volunteers this service to our members and friends in the community. Most insurance companies will give a rate discount to those who complete the course. For the \$10 fee, which you may pay at the door, you will receive a notebook and a certificate of completion.

Enrollment is limited to a maximum of thirty-five (35) individuals in each class. This class is now open to our friends in the community as well as the SNU faculty and staff.

**Call Sue Eccles in the SNU Alumni Office (491-6312) to make your reservations.**



### Computer User Group Workshop Scheduled for November 16 at 9:30 a.m.

**At 9:30 a.m., November 16**, Harold Dozier will conduct a computer workshop in the Royce Brown Building computer laboratory. Subjects to be covered include internet security and file management. Join us for a hands-on experience.