

ASP member Edith Sonnevik Payne to speak on “Surviving the Nazi Occupation in World War II in Norway” at the January 10 luncheon
by Shirley Mears

Mrs. Edith Sonnevik Payne, a longtime member of the Academy of Senior Professionals (ASP), will speak about her experiences during World War II in Norway during the Nazi occupation of that country at the January 10 ASP luncheon. She will give numerous examples of how her Christian faith, experience, and hope sustained her during the War. She has delivered similar speeches on this topic to other senior adult organizations in Oklahoma.

Born in Waukesha, Wisconsin, Mrs. Payne had an American mother and Norwegian father. They both became ordained ministers in the Metropolitan Church Association (MCA); Rev. Sonnevik became a naturalized American citizen.



Edith Sonnevik Payne

In 1923, the Sonnevik family moved to Scotland, and six months later moved to Wales where the MCA had a mission. Mrs. Payne’s brother, Milton, was born there.

In 1927, Rev. Sonnevik was asked to establish a mission among the fishermen on the west coast of Norway. The five-year German occupation of Norway changed many aspects of the Sonnevik family. Although there were not many educational opportunities during the occupation, Mrs. Payne entered the Red Cross School of Nursing in Oslo.

In 1948, Mrs. Payne gained employment at the Norwegian Lutheran Deaconess Hospital in Minneapolis, Minnesota. Later that year she came to Bethany, Oklahoma, where her brother, Milton, was at-

tending Bethany-Peniel College, which is now named Southern Nazarene University (SNU). During that time she received a Bachelor of Science degree from the University of Oklahoma, from which she retired in 1979.

Since retirement, Mrs. Payne has been staying busy with many church, social, professional, and volunteer activities. With a smile and a chuckle, she said about her retirement, “By 1979, I decided that I was a real Okie, although I was never quite able to master the Okie dialect!”

One of Mrs. Payne’s major interests is the Oklahoma City Audubon Society; of which she was the President for four years. She is also a charter member of the Oklahoma City Scandinavian Club and the Norwegian Society of Texas.

Mrs. Payne’s three children were born in Oklahoma City. Her oldest son lives in Albuquerque, New Mexico. He retired as commander in the United States Navy and is now employed as a bioscientist at the National Nuclear Security Agency. Her younger son, a clinical psychologist and daughter who works in the office of a dermatologist, live in Oklahoma City. All members and guests are cordially invited to hear Mrs. Payne on January 10.

The luncheon begins at 11:15 a.m. and ends promptly at 1:00 p.m. A shuttle service from the Sawyer parking lot, located at Donald and 41st Streets, is available to all members and guests. (See: SNU map on page 5 for the location of the Sawyer parking lot and the Webster Commons.)

Luncheon reservations:

Members—if you have not been contacted, please call Shirley Pelley at 354-3853.

Guests—please call Elbert Overholt at 789-2036 (disregard if reservation has been made through the host member.)

Please call before Thursday, January 6



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



"Sharing a Continuous Flight"

Just when the caterpillar thought the world was over, it became a butterfly

Nature demonstrates that almost everything occurs in cycles. The earth rotates on a daily cycle. The moon revolves around the earth on a monthly cycle, and the earth around the sun on an annual cycle. Within each year the four seasons take us from cold to warm and again to cold as plants and animals go from a dormant to an active stage, and then as another winter approaches, once more to dormant.

Within nature, every beginning has an ending, and all endings herald a new beginning. Every day tides go out and then come in. As each day ends a night begins, followed by a new day, followed once again by night. When winter ends, spring begins. When last year, 2004, ended, the year, 2005, began. And so it goes. Every ending is followed by a beginning: life out of death.

To everything there is a season, and a time to every purpose under the heaven: a time to be born, and a time to die.... (Ecclesiastes 3:1,2)

Our lives have seasons and cycles as well. Each one of us experiences an endless flow of beginnings and endings. Every season of our lives has a beginning and an ending that leads to a new beginning. Childhood ends, and adolescence begins; adolescence ends, and adulthood begins; young adult ends, a middle age begins; middle age ends, and old age begins.

We generally like beginnings—we celebrate the new! We, however, resist endings and attempt to delay them. Very often we do not feel the joy of a beginning, knowing that in each beginning are the seeds of the end.

Imagine, if you will, that you are a caterpillar. You have this strange urge to spin a cocoon around your body; certain death would be the result of this choice! How difficult it would be to let go of the only life you have ever known, a life of crawling on

Continued next column

The Academy Perspective

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the earth in search of food. Yet, if you are willing to trust, as caterpillars seem to be able to do, the end of your life as an earthbound worm would be the beginning of your life as a beautiful winged creature of the sky: the butterfly.

The powerful potential behind change lies in the possibility that each new beginning will bring us greater joy and freedom than we have ever known. Whether or not that actually happens—whether or not we continue to grow throughout the cycles of our lives—is largely up to us.

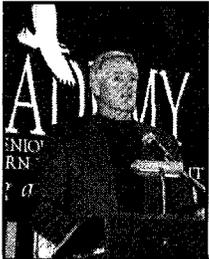
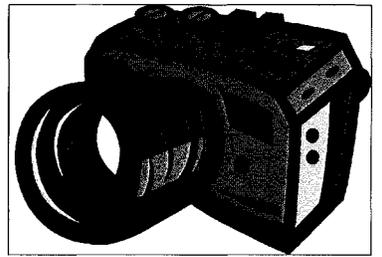
We play a part in what happens by choosing how we see our changes, our beginnings, and our endings.

Continued on page 6—Arnold

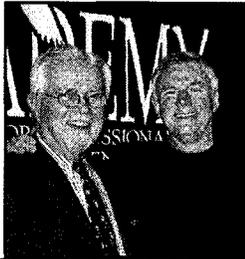


ASP PICS

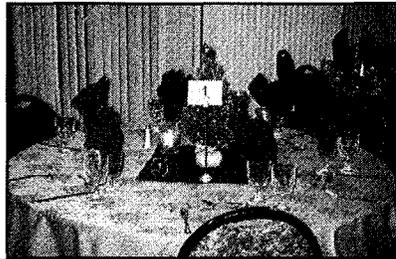
PICTURES BY EDITH SONNEVIK PAYNE



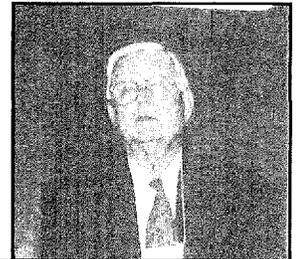
Pres. Gresham presents report



Jack Arnold with new member Sherman Huff



One of the tables decorated for Christmas by Bea Flinner



Robert Parker adds comment to luncheon



Serving table at Gresham's open house



Guest server, Louise Alderson



Members Bobbie Neighbors and David Ellis



Kathleen Sodowsky and Maurine Dickerson



Anna Belle Laughbaum and Elbert Overholt



Paul and Mary Anna Scheie



Billie Harrison and Ruth Craddock



George and Mary Evelyn Miller



L-r Vivian Chambers, George Miller, Don Beaver, Rebecca and Roy Dorris



Paula Greer and Hugh Bright



Dale and Gerri McClaffin



L-r (front): Darlene Overholt, Linda and Loren Gresham



l-r Audette and Gerald Knutson, Dick Spencer



Lyle and Bea Flinner



Shirley Pelley and Sherman Huff

PICTURES: Top Row—ASP Luncheon; Other Rows—Gresham's Open-house (Story and More Pics on page 5)



Library Resources

By Bea Flinger

This month's book selection is *High Calling: the Courageous Life and Faith of Space Shuttle Commander Rick Husband*, written by his wife Evelyn. As a very young child Rick said he wanted to be an astronaut—a high goal for a first-grader to even think about! That just wasn't a "normal" goal for a Texan!

The story of how Rick and his future wife, Evelyn, met is a beautiful one. Their first date was on January 28, 1977 at which time in response to her question about what he liked to do besides study and sing, he told her he loved to fly and that his life-long dream was to become an astronaut! He meant every word, and in time investigated all the requirements. The demands were many and required much time—years, in fact. But he diligently pursued his dream—and met all of the obligations necessary to meet his life's goal.

Rick contacted NASA, asking about the qualifications they looked for in pilots or mission specialists. They were rigid, but he was not deterred! He was willing to do everything that was necessary, which he ultimately did with time and hard work! Fifteen months after Rick's first mission, the science crew of the *Colombia* was announced. Three months later, the flight crew (commander and pilot) was announced—and Col. Rick Husband was chosen as the commander.

*The shuttle left earth, but was lost—*No survivors!* *Rick and Evelyn were devout Christians.

This book is in the SNU library.



ASP News You Can Use

by Shirley Mears

Smart Solutions to Clutter Concussions

The search for a turkey platter in the pantry caused the avalanche of clutter to topple from the top of the closet shelves, hitting grandmother on the head. She emerged from the pit and declared, "Something must be done! You cannot live this way!"

Holidays mean spending time with friends and families. Did visits with grandchildren reveal clutter-character issues? It can be disconcerting to realize that today's young people have so much STUFF, much more than the young people of our grandparents' day.

Clutter storage has now become a billion dollar-a-year industry. **Store It In Style** is a "fun" storage system store located at 9321 North Pennsylvania in Casady Square. For the last twelve years owners, Steve and Marsha Loflin, have offered creative and attractive containers for storing stuff-stuff like clothing, shoes, memorabilia, gadgets, office supplies, kitchen tools, and sports equipment. They also specialize in colorful storage for children. (The Loflins can be reached at **405.840.4979**.)

In clearing away clutter there are only four decisions to be made:

What to:

1. Keep to store long term or display
2. Put away to use on a regular basis
3. Give away
4. Throw away

Once the decision is made, the process of storing starts—one pile at a time. In just 30 minutes a day, with a plan in mind and tools to make it fun and easy, clutter can turn from chaos to creative storage.

A great gift idea for newlyweds, college students, new mothers or senior adults who are downsizing is "the gift of Helping Hands." Cynthia and Diana of **Helping Hands Moving Solutions** are available to help with the process. Having the help of a non-family member to provide the services of professional clutter busters can be a treasure that will be remembered for many years to come. A gift giver will be able to give the gift of helping without sitting in and making the recipient feel judged for the clutter. Cynthia or Diana, of Helping Hands Moving Solutions can be reached at 314-1279.

Meet Morgan Weber A New Member of the Academy

I was born in 1929 in the snow country of upstate New York. After high school I went on to earn an Associate degree from the State University of New York. Subsequent to graduation in 1952, I went to work for General Electric Company in Schenectady, New York.

In 1953 I met and married Agnes Roberts from Gloucester, Mass. Subsequently I spent two years in the Army, the last year of which I spent at Aberdeen Proving Grounds. Our oldest daughter, Valerie, was born there in 1956. After completing my military obligation I enrolled as a co-op student in Electrical Engineering at Northeastern University in Boston, Mass. I completed my BSEE degree in 1961. During my time at Northeastern our second daughter Deirdre was born.

After graduating I went back to work for General Electric in Syracuse, New York. I was transferred to Oklahoma City in 1964 making several extended trips to Wiesbaden, Germany with later trips to England, Scotland and Italy. In 1969 our son Mark was born. As a result of subsequent mergers and buyouts I ended up working as a manager in Quality Assurance for Seagate Technologies. I retired from this position in 1998.

We welcome Morgan Weber to the Academy of Senior Professionals.

Research Interest Group Learns About Depression In Workshop Session

Valerie Morrison, chairperson for the Research Interest Group, planned and led a stimulating December 13 session dealing with various aspects of depression. She was assisted by RSVP guest speakers, Beth Patterson and Diane Hoffstatler.

The various types of depression were discussed and activities and attitudes that may help prevent or improve depression were considered. The latter includes exercise, talk, social interaction, an attitude of optimism and volunteering.

The next meeting of RIG is scheduled for February, 2005.



Diane Hoffstatler

Representatives of RSVP, "Retired and Senior Volunteer Program", a free community education program, spoke to RIG at its December meeting.



Beth Patterson

GRESHAM OPEN-HOUSE A SUCCESS

The members of the Academy of Senior Professionals enjoyed a Christmas celebration in the home of Dr. and Mr. Loren Gresham on December 13.

The Greshams annually host the Academy members in their lovely lakeside home during the Christmas season. The occasion this year was enjoyed by all after Dr. Gresham presented his annual state of the University report at the ASP monthly luncheon.

The Academy expressed appreciation for the Gresham's hospitality by presenting them a Waterford crystal angel of grace. See page 3 and below for pictures of many who attended.



Left: (l-r) Bob Emmel with new member Sherman Huff



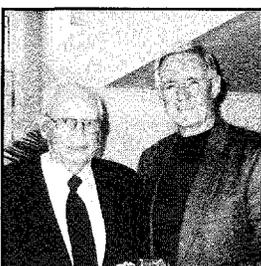
Right: (l-r) Paula Greer and Mary Smith



Left: Bob and Dorothy Griffin



Right: (l-r) Jack Arnold (ASP) president with Loren Gresham (SNU) president



Left: (l-r) Dr. Paul Gresham with son Dr. Loren Gresham



Right: George and Betty Williams

Informational Meeting Takes ASP "On the Road" at Spanish Cove

by Joyce Ellis

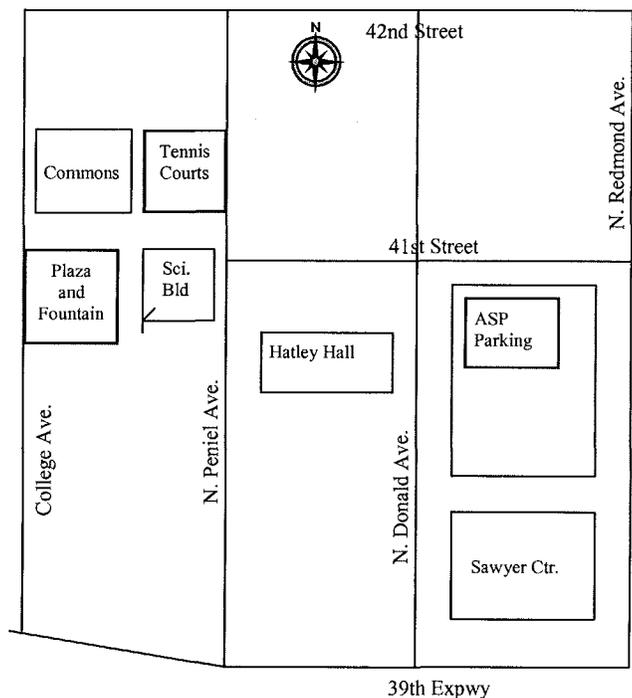
Academy of Senior Professionals (ASP) President, Jack Arnold, arranged a meeting on December 6 at the Spanish Cove Retirement Center (The Cove), in Yukon, Oklahoma, to enable residents and friends to become better acquainted with the ASP.

The ASP was well represented by several members who are residents of The Cove. ASP representatives arrived early and set up a display featuring ASP activities and some of the beautiful photos Edith Payne has taken at ASP events. The Cove staff was represented by one of our new members, Diana Garcia, who is director of marketing for The Cove.

Following a delightful luncheon, the group gathered to hear presentations related to the ASP. Jack Arnold spoke about the purpose of the Academy, emphasizing its future as well as the past. Marvin Peterson told about hands-on projects he has been involved in. Shirley Pelley talked about the Research Interest Group and other Academy interest groups. Forrest Ladd added comments on community involvement and Lloyd Ellis spoke about intergenerational activities and student contacts. Joyce Ellis reviewed the 2002 ASP conference featuring Dr. Tedd Mitchell of the Dallas, Texas, Cooper Fitness Center. Naomi Emmel covered activities involving visitation and food, Bob Emmel presented the ASP organizational structure and Edith Payne described her role in photography and making the ASP visual. Diana Garcia emphasized benefits available to ASP members, including continuing education opportunities and financial discounts at SNU.

Approximately thirty people attended the meeting and four non-members asked to be placed on the ASP mailing list. It is hoped that this kind of "on-the-road" exposure will launch new interest in the Academy. Being "up close and personal" with an intelligent, alive, group of seniors who were "Sharing a Continuous Flight" was fun for all.

ASP Parking Map



Continued from page 2—Arnold

We can see each ending as a tragedy—regret it and resist it—or we can see each ending as a new beginning, a new birth into greater opportunities. What the caterpillar sees as the tragedy of life, the butterfly sees as the miracle of birth.

In our end is our beginning

--Natalie Sluth, "Hymn of Promise"



News Briefs

Leadership openings: The following leadership opportunities are open for members: Historian, Book Discussion Group (BDG) Chair, Feature Writer and Book Review Writer for the Academy Perspective (TAP).

If you are interested in serving as a TAP writer, please contact Don Beaver at 491-6646 or dbeaver@snu.edu.

If you are interested in service as Historian or BDG Chair, please contact Jack David Arnold at 350-0405 or JackArnold@aol.com or Elbert David Overholt at 789-2036 or overez1@msn.com.

It is especially imperative that we fill the Historian position ASAP since Dr. Paul Gresham resigned as our Historian in May, 2003. He served us and our community in an exemplary fashion since our beginnings in 1990. It is important that we continue his legacy by recording our history for our future ASP members and the community-at-large to read and research.

President Gresham extends invitation: Dr. Gresham has extended an invitation to the ASP members to attend the Peer Learning Network (PLN) luncheon presentation to hear Mr. David Gergen, "Eyewitness to Power," on Friday, April 8, at the Cox Convention Center in downtown Oklahoma City.

Mr. Gergen is a noted conservative who served Presidents Nixon, Ford, Reagan, and Clinton in the White House. Today he helps audiences break through ideological barriers to recognize simple and lasting political truths.

Dr. Gresham added that he would make arrangements for bus transportation to the Center and subsidize the luncheon for all members. His cordial invitation will make it possible for each member to pay the customary \$7.50 for the luncheon.

Members are urged to place this date and special event now on their personal calendars.

You're Never Too Old: George, age 92, and Edith, age 89, had been seeing each other for two years when they decided that life was too short and they might as well be together for the rest of their lives. Excited about their decision to become newly weds, they went for a stroll to discuss the wedding and what plans need to be made. Along their way, they found themselves in front of a drugstore. George said to his bride-to-be, "Let's go in. I have an idea." They walked to the rear of the store and addressed the man behind the counter: "Are you the owner?" asked George. The pharmacist answered, "Yes, sir, I am. How can I help you?" — **George:** "Do you sell heart medications?" **Pharmacist:** "Of course we do." — **George:** "How about support hose for circulation?" **Pharmacist:** "Definitely." — **George:** "What about medications for rheumatism, osteoporosis & arthritis?" **Pharmacist:** "All kinds." — **George:** "How about waterproof furniture pads & Depends?" **Pharmacist:** "Yes, sir." — **George:** "Hearing aids, denture supplies and reading glasses?" **Pharmacist:** "Yes" — **George:** "What about eye drops, sleeping pills, Geritol and ExLax?" **Pharmacist:** "Absolutely." — **George:** "You sell wheelchairs, walkers & canes?" **Pharmacist:** "All kinds and sizes. Why all these questions?"

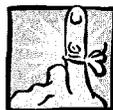
George smiled, glanced shyly at Edith, and replied to the pharmacist, "We've decided to get married and we'd like to use your store as our Bridal Registry."



ASP Calendar

Monday: January 10

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons begins
 9:30-10:45 Writing Workshop: Commons Student Life Conf. Room
 11:15-1:00 Luncheon: Heritage Room—Webster Commons
 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: All members are respectfully requested to pay their annual dues for the 2005 calendar year in the amount of \$15.00 to Mrs. Margaret Dawson at the luncheon meetings or send them to Dr. Roy Dorris, ASP Treasurer, 4607 North College, Bethany, OK 73008. Please make the check payable to "SNU" and note on the check "ASP dues."

Shuttle Service: Members and guests are respectfully requested to park their cars in the northwest corner of the Sawyer parking lot, which is located at 42nd and Donald Streets (map p.5). We are grateful to SNU President Loren Gresham and his staff for providing this service to our members and guests.

AARP Driving Course: Offered on Saturday, January 29, 9:00 a.m. to 4:00 p.m. in the Royce Brown business building, Room 125. Register with Sue Eccles at 491-6312. Total cost is \$10.00 per person which may be paid at the meeting.

Tax-Deductible Contributions: If you are interested in making a tax-deductible contribution to the ASP Scholarship or ASP Operations, please (1) note on your check "ASP Scholarship" or "ASP Operations" and (2) send it to Dr. Roy Dorris, ASP Treasurer, 4607 North College Bethany, OK 73008.

Writers' Workshop to meet January 10: The next meeting of the Writers' Workshop is scheduled for the Commons Conference Room at 9:30 a.m. All interested writers are urged to write something to share and discuss. Chairperson Vada Lee Barkley will share a list of tips from the Writers' Digest correspondence course for non-fiction writers.