

Our Luncheon Speaker

ANDY BAXTER

*Baxter Fitness Solutions for
Fifty and Beyond*

Exercise is the Magic Pill. Now more than ever we understand that exercise is both treatment and prevention for many of the prevalent chronic illnesses we face as we age. Medical Exercise Specialist and Personal Trainer Andy Baxter will discuss fitness, its definitions, the energy systems, functional strength in the aging population, and much more.

Andy Baxter has been a senior personal trainer, post-rehab conditioning specialist and medical exercise specialist for twenty years. He holds certifications from the Health and Fitness Institute, the American Senior Fitness Association, the American Association of Health, Fitness and Rehabilitation Professionals, U.S. Rowing, Concept 2, and the American Sport Education Program.

Andy is the former owner of New Angle Fitness (Oakland, CA) and former Director of Health and Fitness at Mountain Meadows (Ashland, OR). Currently he owns and operates Baxter Fitness Solutions for Fifty and Beyond (Ashland and Medford, OR). His other company, Beyond 50 Fitness, LLC produces senior-specific fitness DVDs.

Currently on the medical advisory board for SciFit Systems, Inc., Andy's patent-pending fitness system opened its first licensed satellite facility in Victoria, BC in 2008 as MedEx Fitness Centre.

Andy has published articles on senior fitness and rowing both locally and nationally. He is a multiple U.S. National, Canadian National and World Champion master oarsman and two-time Head of the Charles medalist. ▲

Humorous Campus Flashbacks

From Wayne Schumacher:

I recall the student who raised chickens in his dorm room closet as a science project. And the time a student in Susanne Homes had dozens of black widow spiders and hundreds of mite-sized babies in a large glass mayonnaise jar... and then it fell off the desk and broke into the heating pipes connecting the dorm rooms. There are still a few black widows spiders to be found in Susanne Homes!

From John Engelhardt:

Subsequent to my hiring and prior to my arrival at SOU, I had several back spasms which necessitated pain killers. Just as the faculty orientation days were upon us my back went out again. So here I was being introduced to the faculty in the School of Science orientation session and I was glassy-eyed and bent over, on drugs. I'm sure they were wondering what in the world they had hired.

In one of my first years at SOU I dressed up for Halloween as a scarecrow and taught class. As thin as I was, it seemed like a good fit, but the straw was awfully itchy. After the term was over I received a card from one of my students saying she learned more that day than any other, as I completely put her at ease with my costume presence.

I take pride in the fact that I made it through 25 years at SOU without having to take on the role of department chair. Early into my tenure I was coerced into running against my colleague John Whitesitt. I ran a somewhat negative campaign and was relieved to have lost the election. As a gesture of gratitude, I took him out to the Back Porch BBQ and bought him several rounds. ▲

Help us bring back humorous memories of your years on campus. Send to Wayne Schumacher, dandwschumacher@charter.net or John Engelhardt, jje@jeffnet.org. Let's spice up the Spring Newsletter with funny memories!

The Retirees Association's *Winter Term Luncheon*

**February 24, 2009
11:30 am-1:30 pm
Rogue River Room**

**With Andy Baxter
Owner of Baxter Fitness Solutions
The Magic Pill: Reversing the Aging Process
Through Exercise**

**RSVP to Sally Klein by Monday
February 16, 2009**

*Email (preferred): kleins@sou.edu
Or Telephone: 541-552-6049*

SHOULD'VE, COULD'VE

Article submitted by Bev De La Zerda

There are times when I am reminded of the Should've, Could've poem put out by Waddie Mitchell, a cowboy poet. It is a poem relating to the fact, we get so busy in our lives, we do not take the time to do what is most important in our lives - contact those we love and care about—that is, until it is too late.

This poem came to mind as I lost a dear friend, Dorothy Huntley — known to all her friends as DJ—October 15, 2008. I last talked with DJ in June, when she called to thank me for flowers I sent her for her birthday. We had a lovely and long chat about those we had worked with at the College, if I knew where they might be, what she and her friend, Dot Jarrell, were up to, all the company they were planning on having during the summer, trips Dot was taking, and just plain solving the ills of the world! We planned to get together for lunch after summer when things calmed down.

This is when the world became very small and we both got into our small circles that all walk in. I did not call her for the luncheon date — and I should have, could have.

DJ was a remarkable person. I do not believe she ever met a stranger. She was always concerned with others. During her years at Southern Oregon University, she tried hard to take care of all those who went through her check stand—either at Cascade Dining or Stevenson Union's Elmo. She was the friendly face greeting you in the morning when all one cared about was that first cup of coffee.

Life was not easy for DJ in last few years. She had overcome a stroke and breast cancer—still maintaining a positive attitude and a care about others. She was not one to complain. This trait became her undoing for her cancer came back with a vengeance. Fortunately, she did not suffer with this disease for very long. After three weeks, she lost the battle.

continued in next column

*A message to her friends from Bev Bennett
which was read at her memorial service*

Dear Friends,

This service may seem unorthodox, but it is not often one can plan their own service, and I have chosen to plan mine to minimize any regrets of those left behind.

Since I have been part Irish, the glass in your hand is meant to be my last toast to each of you as a friend. The music is not traditional but I would like to bow out of this world dancing to music I enjoyed.

A friend once gave me a booklet titled: "Friendship is a flowering thing." One poem is as follows:

Friendship is a flowering thing that grows throughout the years, nourished by our thoughtful deeds—our memories and our tears. It may be fragile at the start but soon it's growing strong, and like a healthy, sturdy plant it blooms our whole lives long.

Many of you are perennials-faithful, hardy, and people who are better loved as each year goes by. Others are annuals, which are fleeting and short in acquaintance, but add beauty to the world and the lives of those you touch.

Sincerely, I know I have had a great life with family and friends made through teaching and organizations to which I belonged. Students, colleagues, friends at the Manor, and all with whom I had contact contributed to what I was as a person. I thank you all and hope I reciprocated a bit of what you gave me.

Please do not shed tears over my demise. I am either stoking the furnace or trying to learn how to play a harp—in tune! Either location will find me happy and probably organizing a dance or exercise group.

My thanks to each of you for your friendship and may your lives have many blooms remaining.

Much Love,
Bev Bennett

Her courage—and yes stubbornness in her battle against this disease—is a lesson to all who knew her. She has reminded us, don't wait for the should've, could've syndrome to hit us. Call dear ones now and just say hello—how are you. I know I will. DJ will be missed. ▲

WANTED Articles and News for Future Newsletters

Your assistance is greatly appreciated in submitting articles and news that would be of interest to our Association. Spring Newsletter deadline is early April. Please Help! Send to John Engelhardt, jje@jeff-net.org or Wayne Schumacher, dandwschumacher@charter.net. Thank You! ▲

Southern Oregon Historical Society

FREE LUNCH
March 11, 2009

Dick Moore and Tom Pyle invite fellow emeritus association members to the third annual Southern Oregon Historical Society FREE History Lunch March 11, Red Lion, Medford To sign up for lunch or for further information call Dick at 734-2372 or Tom at 535-2449

*Dick and Tom are members of the
SOHS Board of Trustees*

Losses

Beverley Loree Bennett

The memorial service for Beverley Bennett was held Wednesday, November 12, 2008 at the Sunset Room of the Rogue Valley Manor in Medford. Private inurnment was in Mountain View Cemetery, Ashland. In lieu of flowers memorial contributions may be made to a scholarship fund for women physical education majors.

Beverley (Bev) Bennett, 82, formerly of Ashland, died Friday, October 31, 2008 at her Medford residence. She was born November 19, 1926 in Dallas, Oregon. She was a graduate of the University of Oregon with Bachelors and Masters Degrees in Health and Physical Education, and advanced studies at the University of California, Berkeley. After teaching at the University of Oregon she moved to Ashland and taught thirty-four years at Southern Oregon State College (currently SOU) where she was one of two women of twelve initial inductees into the S.O.S.C. Athletic Hall of Fame. Bev was a member of the Ashland City Council from 1984 to 1987. She continued her community involvement by serving as Vice-President and President of the Residents' Council; past chair of the Health Center Service and Health Services Advisory Committee; co-chair and chair of other various committees serving the Manor residents.

In this newsletter, you are invited to read the uplifting letter Bev wrote for her own memorial service.



Dr. James Naiden

Dr. James Naiden Died October 10th, 2008 of cancer. He was residing at Anderson House in Shoreline. Dr. Naiden was born in 1915 to Fred and Maude Naiden in Iowa and graduated from the University of Iowa in 1935. He received his Ph.D. in Latin, Greek and Astronomy from Columbia University. During WWII he joined the US Air Force and taught navigation to would-

be aviators. He married Norma Frances Robinson in 1942 and they celebrated their 66th anniversary in July of 2008. They had nine children - James, Mary, John, Norma, Dorothy, Sarah, Emelia, Catherine, and Teresa. Except for Catherine, his wife, his children, their spouses, many grandchildren and great grand children all survive him. During his long teaching career he taught at the University of Washington, Lakeside School, Seattle University, Edmonds Community College, Southern Oregon College and most recently at the Shoreline Senior Center. He loved his family and his work. Dr Naiden had a very dry wit and little patience but he mellowed as he grew older and was astonished by his own longevity. He converted to Catholicism in his 80's. Funeral services were held at St. Luke's Catholic Church, Shoreline, Washington, October 17th, 2008. His family would like to thank the staff at Group Health Central and Anderson House who cared for him during his last years.



Dr. Timothy (Tim) G. Kelley

Dr. Timothy (Tim) G. Kelley 1931 – 2008 Tim, 76, passed away in Spokane, Wash., July 12, 2008. Born in Snohomish, Wash., on Dec., 2, 1931, he was the only child of Glen and Gertrude Kelley, who preceded him in death. He graduated with a BS (1955) and Ph.D (1966) in physics from the University of Washington, and taught physics at OSU for nine years. In 1971, he became Director of Computing Services, SOU in Ashland and retired in 1991 a Full Professor. Survivors include his loving wife, Janet (Modini) Kelley, of 46 years, and his sons Spencer and Hans.



Robert (Bob) E. Seevers

Bob was born on March 18, 1935 and grew up in Richland in Eastern Oregon. He graduated from Eagle Valley High School in 1953. From 1954 to 1956 he served in the U.S. Army.

At Portland State University he earned his B.S. in 1963 and at Oregon State University his Ph.D. in 1968. Under President Elmo Stevenson he was hired in 1967 at Southern Oregon College in the Chemistry Department, chaired at the time by Lloyd Pennington, as Assistant Professor. His main teaching duties included General Chemistry and Physical Chemistry. Bob was promoted to Associate Professor and later to full Professor after another seven years.

His professional contributions included grant-funded development of microcomputer applications in physical chemistry laboratories and research. Bob was revered by his students and was known to be a well-organized lecturer, fair grader, and dependable adviser. As a professional colleague he was even tempered, good humored, creative, supportive and a true friend.

Following his retirement in 1993 he dedicated much of his time to fly fishing, and backpacking. In the winter he turned to telemark skiing in the Willows, Mt. Ashland, Mt. Shasta, Mt. Hood, Mt. Lassen, the Three Sisters and hut-to-hut snow touring in Colorado and British Columbia.

SOU Retirees Association Scholarship Fund Update

Our five year goal to reach \$10,000 was reached in just over four years! We have raised \$10,078 to date, and the Council has voted to set a new goal of raising an additional \$10,000 within the next five years. Your \$10 luncheon donation helps move us closer to our goal. If you would like to donate more than \$10 for the luncheon on February 24th, please do! If you cannot attend our next luncheon, consider making a donation anyway. All donations are tax deductible. Make checks payable to the SOU Foundation with "SOU Retirees Association" written in the memo line. Future students at SOU will appreciate your generosity. ▲

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From Your President

Dear Retirees,

Welcome to 2009! In addition to "change" on the political front, your council is working behind the scenes on several projects that we hope will help you stay more connected to the university and each other. In this issue you will find a request for some demographic information to be uploaded to our web site. Our vision is to have our Member Directory link (located at <http://retirees.sou.edu/staffdirectory.asp>) of the association site be accurate with contact information. Since the site is searchable, you can easily find a fellow retiree's email or snail mail address if they have made that available. So when you are on that cruise in the Mediterranean or Caribbean and want to share an adventure, you can just follow the link to contact one of us who can then enjoy it vicariously!

I hope to see you at our winter gathering. This program is one that should be of interest to all of us. Andy Baxter has a wealth of information on how we can take better care of ourselves and have an impact on the aging process. Some of his research findings will surprise you.

Remember to donate to the scholarship fund when you sign in. In this economic climate, it will be all the more appreciated by those students who will benefit.

Regards
John Engelhardt

HAPPY BIRTHDAY OREGON!

On Valentine's Day, 2009, the State of Oregon had its 150th birthday. The theme for this historic anniversary year is "Sustain The Spirit," and an informational website of Oregon's Sesquicentennial events can be found at www.oregon150.org. ▲

Retirees Website Directory Information

We are in the process of updating the website for our association, currently located at <http://retirees.sou.edu>. A number of changes have already been made and more are in the works. We need to add directory information for retired staff as well as update the information on retired faculty. In order to make the site more useful as a search tool and means of contact for those who desire it, we are asking retirees to return the information in the form below either by mailing it to the association, dropping it off at the next luncheon, or emailing it to the current president, John Engelhardt, at jje@jeffnet.org. Provide as much information as you wish to appear on the site.

Name (last, first) _____

Department _____

Year Retired _____

Optional

Mailing address

Street/ P.O. Box _____

City _____

State _____

Zip _____

Email address _____

Phone number _____

Member Information *Please limit this to one or two sentences*

(Ex: Education--degrees, schools attended) _____
