



## President's Corner

### Welcome New Members

As fall approaches, our local youth are returning to the classrooms, as will the ILR. We look forward to renewing friendships and the opportunities of varied learning experiences. To the dozens of new members, WELCOME! Our fall Coffee & Conversation session is a free lunch, October 10th at 11:30 am. It is a great opportunity for you to meet the Committee Chairpersons, other ILR members, and the Board of Directors. The various committees are looking for new ideas and new committee members. ILR can always use extra hands to keep our organization running smoothly and efficiently.

We do have recent changes in the Social Committee and Board membership. Nancy Pond is a new co-chair for the Social Committee and Carole Albero is our new Historian. We want to express our appreciation to Carol Smythers and Dale Harrell for their hard work and many contributions while serving in these slots.

~~Dave Patterson

### Summary of June 13th Board Minutes

- ♦ Carole Albero was nominated and accepted for the position of Historian on the Board.
- ♦ Two scholarship recipients applications were received and will be reviewed before the award is made.
- ♦ Summer enrollment is looking good.
- ♦ So far 34 new members have signed up.
- ♦ Social activities are doing just great with enrollment.
- ♦ The website had some 735 hits.
- ♦ The 2013 budget was adopted.

### Upcoming Events

|        |                   |
|--------|-------------------|
| Nov 11 | Veterans Day      |
| Nov 22 | Thanksgiving      |
| Dec 9  | Hanukkah          |
| Dec 21 | 1st day of Winter |
| Dec 25 | Christmas         |
| Dec 31 | New Year's Eve    |
| Jan 1  | New Year's Day    |

### Important:

Report address changes to the ILR office as soon as possible of a new email address or change in mailing address to help keep our records up-to-date.

### Welcome to the ILR & Our Newsletter

New members of the ILR are receiving this complimentary copy of our quarterly newsletter. All future issues will be distributed via email. If we do not already have your email address, please send us a short email so that we can capture your address. If you want to continue to receive a hardcopy, you will find a sign-up line on the Registration form for \$5.00 for the next three issues through June 2013. See the names of our newest members (since June 1st to date) in this newsletter.

## Board Members 2012-2013:

President, Dave Patterson  
Vice President, Mike McGraw  
Secretary, Mary DeLaney  
Treasurer, Robert Chapin  
Historian, Carole Albero  
Past President, Robert Chapin  
At-large Board Members:  
Robert Burns  
John Ingram

## Committee Chairs:

Communications & Technology:  
Robert Chapin  
Curriculum:  
Anne Blanchard  
Judy Schooley  
Membership:  
Dorothy Wolfred  
Nominating:  
Sandy Barczak  
Social:  
Susan Clarke  
Nancy Pond  
Travel:  
DeeDee Rockefeller  
Volunteer:  
Trude Engelund  
Administrator:  
Theo Rozdilsky  
Interim Newsletter Editor:  
Sandy Barczak

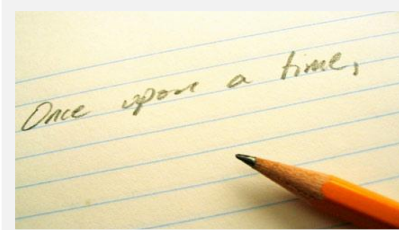


## Humor Corner

You're never too old to learn  
something stupid.

~ Unknown

## Writing for Fun



As we get older, and in spite of what physicists tell us, it seems that time is constantly picking up speed all the time, many of us feel the need to keep our minds active. This is particularly true for those of us who have recently retired. I have found one thing that has challenged me to be mentally alert is writing. My past career as a college professor required a constant stream of professional, academic, and technical writing. I was tired of that and wanted to do something else. I remembered a course I took as a sophomore in college that freed me to write anything I wanted to write about in any form I wanted. The course was creative writing. The freedom of expression appeals to me and frees me from having to follow style and even strict rules of punctuation. I find I am free to write to communicate, if only for myself.

All writing pushes your brain in some way or another. Whether its recall, imagination, or research, the mind needs to be put through its paces . and at my age that's particularly a good thing! As an original composition, creative writing does that very well. Not only does it force you to think, it opens your mind to growth. Your words, phrases, and sentences take on meaning as you string them out, then you reread them, add to them, subtract from them, and try to make your statements stand up to reason. Or you can allow your imagination take flight and tell stories that may only appeal to you.

I find writing creatively is fun. While writing, you might stumble across a new way of looking at something. Sometimes you uncover a bit of information that clicks with things you've been thinking about and completes (or helps to complete) the picture you've been developing in your mind.

I encourage you to try it out . . . not once, but try it for a week. I encourage you to share it with your family or friends. After my Dad died, I found this stack of papers he had typed out. How I wished he had shared them with me when he was alive so we could discuss them. His grammar was not great, and he has some creative ways to spell some words, but his thoughts and stories were interesting and thoughtful.

So try it out. Here are a few creative writing exercises that just might help you get started.

**Letters** . Write some thoughtful letters to your grandchildren. Tell them about when you were growing up, about your high school activities, and the challenges you faced as you grew up.

**Poetry** -- This is a time-honored creative writing exercise and an art form in its own right. Try these writing challenges:

Haiku -- What can you say in three short lines?

Limerick . Five lines, AABBA rhyming, and dirty or obscene humor.

Song . Write some new lyrics to your favorite songs.

**Stories** . Start out short and make it easy. Write the story of what you did yesterday and build in some fantasy, imagination, and mystery for fun.

Once you start doing this regularly, you will find new writing exercises that will excite you and before you know it, you will be having lots of fun. And the bonus . . . your mind will be active.

~~ Dave Netherton



## ILR Graduate Scholarship Recipient

It is my pleasure to introduce to you Mr. Polinapilinho Freeman Katina as the latest recipient of the ILR Graduate Scholarship award. Mr. Katina is currently working toward his Ph.D. in Engineering Management and Systems Engineering at Old Dominion University with an expected completion date of May, 2014.

Education has been a passion of Mr. Katina since his youth; however, his educational journey has not been an easy one. He comes from a family of 7 children, immigrating to the United States from the Democratic Republic of the Congo in 2000 to escape dire circumstances. A proud moment in Mr. Katina's life was becoming a naturalized U.S. Citizen on Nov. 7, 2008. By his own admission, he has worked hard to overcome issues related to language, culture, and financial means in the pursuit of his educational dreams and, in 2005 proudly became the first of his family to graduate from college, earning an A.S. degree in Natural and Physical Sciences from Piedmont Virginia Community College in Charlottesville. Mr. Katina continued to pursue educational opportunities, recognizing that his future rested on a solid educational foundation, earning his B.S. degree in Engineering Technology from Old Dominion University in 2009, and his M.E. degree in Systems Engineering from Old Dominion University in 2011 with a 3.97/4.0 grade point average, placing him in the top 3% of his program. Mr. Katina espouses two personal educational goals:

- complete his Ph.D. degree and pursue a career in higher education at a major research university, and

- be a role model for less fortunate students to show the results that perseverance, hard work, and passion can bring.

The focus of Mr. Katina's current studies is the development of advanced approaches and technologies to deal more effectively with some of society's most vexing problems of the 21st Century, ranging across healthcare, energy, transportation, education, and national security. Mr. Katina is currently employed as a graduate research assistant by the National Center for System of Systems Engineering and as a graduate teaching assistant by the Department of Engineering Management & Systems Engineering at ODU. He has authored several papers for publication in numerous professional journals and has authored and presented professional papers at several ODU sponsored conferences.

In the introductory essay Mr. Katina's application for the ILR Scholarship award he states, "The objectives of the Institute for Learning in Retirement Graduate Scholarship Award are consistent with my personal and professional objectives—built around a tremendous respect and appreciation for the opportunities that education and lifelong learning can bring."

The Scholarship Selection Committee members were very impressed with Mr. Katina's personal history, his academic accomplishments, and his life goals. We felt, and I am confident you will agree, that Mr. Katina is a most worthy recipient of this scholarship award, a credit to all that is good in American education and will be a credit to ILR and ODU.

~~ Mike McGraw

## What Does the Communications and Technology Committee Do?

The membership at the Annual Meeting this March approved the creation of a seventh permanent committee: the Communications and Technology Committee. ILR has done splendidly for many years with six committees: Curriculum, Membership and Promotion, Volunteers, Social, Travel, and Nominating. So, what changed? The short answer is “technology.”

With the advent of the Internet and the World Wide Web, communications and computer technology became inextricably intertwined. These technologies are now essential for our programs. The technologies keep our member database, produce our class rosters, keep our books, and support our connectivity with our members, the Board, and the ODU staff. This Committee publishes Class Notes as a way to keep our members informed of the inner workings of ILR and recommends to the Board upgrades to our computer/communications technology.

The committee meets the first month of each quarter. The members generate ideas for articles, agree on writing assignments and deadlines, and review the statistics about the use of our website: [oduilr.com](http://oduilr.com). The Committee examines the need for new software, software upgrades, and other issues with our computer that might have arisen since its last meeting. Between meetings, the members submit drafts for the newsletter and the editor, Sandy Barczak, lays out the next edition using more software: Microsoft Publisher. Dave Netherton puts the finished product on the website and Theo mails the copies to those that have requested hard copy and sends out the newsletter via email. The cycle is complete and starts over again at the next meeting of the Committee.



## Interview with Bob Torgler

Bob Torgler has been one of our all-time favorite speakers, time after time filling up the largest classroom available. His telling the tales of the Founding Fathers with insight and passion, has brought new understanding of those heroes of early America and their contributions to our challenging beginnings. A retired marketing executive of IBM, his skill as a public speaker was honed as he addressed business and government audiences in all the main capitals of Europe. A self-described history buff, his interest has been life long, focusing particularly of the early days of our national being.

**Q:** Of all the Founding Fathers, do you have a favorite?

**A:** By far, Benjamin Franklin with all his qualities of political greatness. (Maybe I am influenced by the fact that my father was named after him!)

**Q:** Of your many lectures, do you have a favorite?

**A:** Yes, the Creation of the Constitution and the Sacrifices of the Signers.

**Q:** If you have the opportunity to invite four Founding Fathers to dinner, who would be on the list?

**A:** Washington, Franklin, Hamilton, Madison...there might have been no time for dessert!

**Q:** Why do you suppose that your lectures are so well received?

**A:** Because the audience is history oriented. Their interest is palpable as shown by their perceptive questions. A lecturer feeds on this interest.

**Q:** Do you have a favorite sport?

**A:** Baseball and particularly the Washington Nationals (now in 1st place)...love the pitcher Gonzales.

**Q:** Your favorite TV shows?

**A:** Pretty limited to NPR with Charlie Rose and the News Hour.

**Q:** Any non-serious reading?

**A:** I love good spy stories and those written by Daniel Silva are my favorites.

**Q:** Any favorite dessert?

**A:** Carrot cake...no ice cream!





## What Does the Treasurer Do?

No, the job does not come with a green eye shade and a rubber thumb to count money! An informal description of the Treasurer's job is to make sure that the money provided by our members is spent for the members' benefit as approved by the Board of Directors. The principal tools for carrying out this task are skepticism, a lively curiosity, and some very sophisticated accounting software.

The Board's direction and approval is contained in the annual budget. In the early spring, the Treasurer brings to the Board a proposed budget based upon experience over the last year and an estimate of future needs. Over the course of one or more meetings, the members of the Board express their priorities and concerns and hammer out and approve the budget for the next year. The approved budget and specific approvals of the Board for specific needs are the Treasurer's marching orders and the authority to take in fees and dues and to spend money.

Diane and Theo make and annotate the deposits and write the checks. Diane records the deposits and the checks in the accounting software and emails a digital file to the Treasurer for review. After the review, the Treasurer emails copies of the Balance Sheet and the Income Statement produced by the accounting software to the members of the Board along with comments and explanations of the state of ILR's finances. Any changes or corrections made by

the Treasurer are sent back to the office computer and uploaded into the ILR digital books.

Prevention and detection of fraud is a major responsibility of every Treasurer. The Treasurer oversees the monthly reconciliation of the checking and investment accounts and personally resolves any discrepancies that turn up in the reconciliations (there are very few!) The Treasurer examines the reports produced by the software looking for inconsistencies and anomalies in the accounts. When the issues are not readily understood, the Treasurer examines the original records to verify the accuracy of the information.

After the end of our fiscal year, May 31st, the books and all of the supporting documentation are turned over to an outside agent (someone not a member of the Board) who reviews the accounts and the procedures. At the conclusion of the review, the outside agent provides a written summary of findings directly to the Board of Directors.

Aided by the miracle of digital communications and accounting software, I do most of my work at home. I come into the office to sign some of the checks and to look at the original records. The Board lightened the Treasurer's work by approving the purchase of two licenses for Professional and Accountant's versions of Quickbooks®, the Professional version for the office computer and the Accountant's version for the Treasurer's computer. The technology permits the Treasurer to concentrate on the interesting aspects of the job, where the money is coming from, for what purpose, and how it is being spent.

*~~Robert Chapin.*

## So, Who Is the Treasurer?

Those who know me know there is no short answer! The only time I have ever been short was when it was time to pay my college bill. Now that I have got that out of my system we can turn to more serious matters.

I was born in Worcester, Massachusetts as the nation was just beginning to crawl out of the depression (the two events are not linked). About 40 years later, the Navy rolled the die and sent me and my family to Tidewater, Virginia for three consecutive two-year tours of duty. Twelve years after leaving the area, Ellen and I came back to stay. After 28 years of active duty and a short second career as defense contractor and business analyst, I gave up working for a living as the millennium rolled over. During all this turmoil I had some formal training in bookkeeping and management accounting.

Before settling in Tidewater, Ellen and I spent three years cruising in a sailboat from Maine to the British Virgin Islands. During our adventures, we spent two months in Elizabeth Harbor, Georgetown, in the Exumas, part of the Bahamas. Between the beach volley ball, the great friends, and the conch salad, Georgetown became our favorite anchorage. Somewhere along the way, Ellen turned me onto my favorite book, *Winterdance*, by Gary Paulsen. The book, which is autobiographical, is about preparations leading up to and running the Iditarod. Some believe, and I agree, that this book is the best dog story ever written.

*~~ Robert Chapin*

## Wanted, Needed, Please !!!!!!!!!!!



Your every happy, on the go Travel Committee always needs volunteers and suggestions. We meet 2 to 3 times a year, OMG the time it takes for this, to rehash the trips we have taken and which ones we want to try for the upcoming year.

We get suggestions from members plus we look to trips other organizations are taking and figure out how we can adapt them to our needs and keep them within a reasonable amount for many of you to join us.

We do 4 trips a year when classes are not in session so keep that in mind when you suggest something for us to do.

If any of you have an interest in joining our fun little group or an idea for a trip, we would love to hear from you. Otherwise we are left to beg and plead, like I am doing now, for you to come forward.

We are a small and congenial group, laugh a lot, welcome all and look forward to hearing from you.

Please, please call and help us out.

~~ DeeDee Rockefeller

## Introduction to Travel Committee Chairman – DeeDee Rockefeller

I am originally from Nashua, New Hampshire but grew up all over due to the fact that my step father was a naval officer and ultimately ended up here when I was 8 years old. So, actually you could say that I am a native of the south and actually was born in southern New Hampshire.

After many years of being a full time mother I found real estate and was a successful agent for 27 years. I then retired from there and went to work for the Voter Registrars office in Virginia Beach where I retired from 3 years ago.

Since that time it took me about a week to find the ILR and start volunteering and somehow ended up

becoming the Travel Committee Chairman, and I have been on the move ever since.

I love to travel around and have always been curious about people, places and things to see.

Actually this committee is a joy for me to try and find interesting things for all of you to do.

I have found the ILR to be a very rewarding experience with so much to offer to everyone no matter what your interests are. In my spare time I read books by my favorite author James Patterson.

## Welcome to All New Members

**Chesapeake:** Charlotte Bonawitz, David & Jessica DeFeo, Betty Ernst, Shelley Holcomb, Evelyn Hunter, Carolyn Joyner.

**Norfolk:** Evelyn Bean, Susan Bernard, Doris Friedman, Robin Gilbert, Frances Keen, Jill Lewis, Sarah Main, Catherine Miskill, Joe & Irene Weintrob, Dorothy Zimmerman.

**Suffolk:** Connie Pomeroy.

**Virginia Beach:** S. Beryl Adler, Marilyn Ashe, Mary Lou Bailey, Joann Bruyneel, Harriett Bulisco, Margaret Caloggero, Bobbie & John Carasella, Bob & Janet Chauncey, Joyce Christensen, Marie Clark, Wendy Coffield, William Daley, Nancy Donis, Jennifer Estes, Marshall & Suzanne Feldman, Linda Fentress, Virginia Fox, Bette & Jack Freeman, Nancy Galbraith, Denise Gebara, Brenda Hammaker, Lottie Hayes, Tina Henry, Bill & Deanie Hickman, Janice Johnson, Electra Julias, Grady Kolb, Carmen & Daniel Lee, Michael & Elsy Maraia, Vivian Margulies, Jim Maxey, Elizabeth Mercer, Kenneth & Sheree Muller, David & Jessica O'Connor, Sandy Parsons, Judy Payton, Toby Pekarsky, Cheryl Pleasant, Sid & Vicki Rader, Beth & Bonnie Reshefsky, Elizabeth Reynolds, Patrick Ryan, Martha Schantz, Judy Singer, Deborah & James Smith, Kay Smith, Pearl Smith, Catherine & James Stokoe, Barbara Sutphin, Sherry Terpening, Renate Thurman, Joan Upton, Brenda Uyak, Mary Vesely, Carl Welch, James & Dorothy Wood, Audrey & Keith Wright.