



President's Corner

Happy Holidays and Happy New Year to you good, studious members of ILR.

Looking back over the past year, I'm pleased to note that our various programs continue to serve our membership well. Many people have worked hard to make this happen, and many, many more have reaped the benefits of these good efforts. We're moving into 2013 with continued good directions and with momentum.

Our committees are always on the lookout for new ideas; I'd suggest that your New Year's Resolutions should include contributing new ideas for any of the several ILR committees. There is a lot of committee work between the initial idea and the final, successful ILR activity; therefore, an even better New Year's Resolution is to become active on one of the committees.

Save the date of March 15, 2013 for our annual meeting and luncheon at Westminster Canterbury. Plans are closing in for a good guest speaker, a fine luncheon, and an opportunity to socialize at the biggest gathering of the year.

~~Dave Patterson

Trivia/Information:

The **Nominating Committee Chairman** is seeking members to step forward to fill two slots opening up on our illustrious board next year. For more information, please ask any board member or call Sandy Barczak at 963-8598.

Carole Alberio needs your help!!! As Historian her duty is to fill the ILR scrapbook with worthy news items of our many activities. So if you see something in the paper or take a photo of an event, please leave them for Carole in the ILR office.

Have you ever looked at the **back of your ILR name tag**? Please turn it over and fill out the necessary information in case of a medical emergency either in a classroom or at a special event. This small amount of time can make a big difference in the event of an emergency. Thank you!

Upcoming Events

Jan 21	MLK Holiday
Feb 8	Valentine Social
Feb 18	Presidents' Day
Mar 9	Daylight Savings
Mar 15	Annual Meeting
Mar 25	Passover begins
Mar 31	Easter Sunday

The 6th Annual ILR Art Show...

...will be on display from April 2-30, 2013, in the VBHEC Atrium

featuring the works of ILR artists!! Some are returning artists, and some new...using a variety of media—oils, watercolors, pastels, acrylic, batik, silk painting, wood, photography, pen & ink, brush painting, needlepoint, and paper marquetry.

All new works! Plan to stop by and support your ILR artists!

Board Members 2012-2013:

President, Dave Patterson
Vice President, Mike McGraw
Secretary, Mary DeLaney
Treasurer, Robert Chapin
Historian, Carole Albero
Past President, Vacant
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

Why “In Memoriam”

We are a community of people who have survived to “old age” (whatever that means!). We come from many backgrounds, professions, and experiences. Our bonds include our interest in what goes on around us, what we missed in school, our friendships, and our age. To mention the unmentionable, we are also coming face-to-face with our own mortality. See D. D. Delaney’s poem. The question of how to recognize the passing of our members and friends has sometimes been the subject of soul-searching discussions within the Board and the membership. Our response has been mostly mute and inconsistent.

After a review of past events and discussions, the Board established a policy for notifying the membership of the death of our members. That policy includes provisions for listing the names of deceased members in the newsletter; the Administrator will record the names of the deceased as the family or friends inform her of those who have died; we will respect the wishes of the family if the family does not want the name published.

ILR was built by the passion, commitment and energy of our members. We hope that those who have made unusual contributions have been recognized for their efforts during their lifetimes. Grief is not greater because of greater accomplishments. We mourn our friends because they were our friends. For these reasons we will simply list those who have died without embellishment or mention of their contributions.

~~~ Robert Chapin

### ILR Annual Meeting

**Save the date: March 15, 2013**

**At Westminster-Canterbury**

**Lunch at noon followed by our**

**Business Meeting and Election of  
Officers, etc.**

### *In Memoriam*

Robert William Smith, Jr.

Died August 6, 2012

Ruth Kroskin

Died October 23, 2012

## Elder Years—(c 2010 by D.D. Delaney, Published with permission.)

When life slows down in elder years  
like a river as it nears the sea,  
old folks swap tales of failing health  
and so form bonds of intimacy,

a pastime entirely insufficient  
to my callow concept of life and time,  
which expected of Spirit nothing less  
than to preserve my body, in its prime.

O youthful fool! who never saw,  
lurking in the methodically uncoiling years,  
my mortal mortgage falling due,  
when I would join my aging peers.

“No, they didn’t open up my chest,”  
I now explain to Bob and Dan,  
“but went in between my groin and ribs  
and replaced my valve with robotic hands.”

“It’s amazing what they now can do,”  
says Bob, who survived a quadruple bypass,  
with open chest, in the 1990s.  
“But why don’t we have bodies made to last?”

I wonder aloud, a social error,  
for Bob and Dan both dismissively chortle,  
and admittedly skilled physical assistance  
is helpful, since we all are mortal,

and there is something to be said  
for this fellowship among the elders,  
where helplessness is our central theme,  
and empathy for one another.

But surely there’s more to talk about,  
as we sip our decaffeinated drinks,  
than the surgeries and medications  
which rescue us from the brink

of encounter with that nameless dread  
drawing closer each passing day we age—  
each bout with cancer, each mini-stroke,  
each E-R visit, each added page

to our medical history’s expanding file—  
until, with relief to all concerned,  
it’s stamped “DECEASED,” and archived away,  
with what’s left of us interred, or burned.

Cancers, heart attacks, and strokes,  
collapsing rotor cups repaired,  
hearts and livers—even lungs—replaced!  
With the right insurance, we’re temporarily spared

from “there’s nothing more that we can do”—  
the words that even doctors hate,  
admitting the limits of their science,  
consigning us at last to Fate.

Then what peace of mind are we to find  
in Joan’s prosthetic knee and hip  
or the metal plate in William’s neck  
or the restoration of Shirley’s lip?

Or the replacement valve now in my heart?  
The hernia fixed, the excavated cells  
of cancer once eating at my face?  
The pills that help me sleep so well?

They buy me time, and nothing more,  
yet time is all we understand  
of life in this material world—  
unless of course our minds expand.

For neither doctor, nurse, nor priest  
can offer much more than compassion  
to ease the plight of mortal grief  
when no more time to us is rationed.

Then with due respect to all my friends  
I’ve made since health care cornered me,  
I pledge to train my mind beyond  
the confines of physicality,

and every day recall my death  
by letting go of all I own—  
my stake in what I think I’m worth—  
as I would practice a poem or song

I’ve chosen to perform at my audition  
for the role I’ve always longed to play,  
as interpreter of the celestial tongue  
who visits Earth but does not stay.

So rather than be scored by age—  
an old man toothless, bent, and sick—  
I plan to live my remaining days  
as a flame which dances on its wick

until a blast of wind, or breath,  
extinguishes its heat and light.  
I refuse to spend my elder years  
a captive of illness and failing sight,

with what’s left of any social life  
reserved for visits to my doctors.  
So I surrender—let my body go—  
and cultivate my ghost as proctor.

## Interview with Marty Sheffer

Anyone who has heard Marty Sheffer give an ILR lecture over the years, might find it difficult to believe that he has been a trumpet player in a professional jazz band and a chef at Brutti's Restaurant in Portsmouth. But those are just a few "experiences" in his past. His real dedication is to his students. "Students, regardless of age, have always been my concern, and challenging them to reach for the highest standards and level of accomplishment has always been my motivation when teaching."

**Q:** When did you learn to cook?

**A:** According to Marty, his mother was not a good cook, but he had an aunt who was. She took him to wonderful restaurants in New York, where he got to experience food of every kind, especially French cooking. So, he learned to specialize in French cuisine, and has loved cooking ever since. One of his students from the past owned Brutti's Restaurant, and invited Marty & his wife, Lois, to stop by. Before long, he offered Marty a job as a cook. As Marty had just retired from teaching, he decided to take the offer. From main dishes to making all the salads, he threw his energy into cooking—until the urge to return to teaching became too much to ignore.

**Q:** How and when did you become a professional jazz musician?

**A:** I had an aunt who played the violin and took me to many wonderful concerts and Broadway musicals in New York City. I loved being surrounded by different kinds of music, and decided to give it a try. I didn't think the violin was the instrument for me, so I picked up the trumpet at age 14 and became a professional musician at 16 (a member of Local 802 of the Musician's Union). I began with classical music, but eventually turned to jazz. I had a friend who had his own jazz band and I would have loved to have gone "on the road" with his band. My mother, on the other hand, was adamant that I go to college instead. My mother won that argument, and I never once regretted the decision that led me to teaching.

**Q:** What do you love best about being a professor and mentor to so many students?

**A:** After completing my Ph.D., my wife and I moved to Norfolk, and I began teaching at ODU, where I remained for two decades. I taught on all levels, and loved challenging student's minds from the very first day of class. Political Science is a subject that is critical to learn and appreciate, whether it is how our political system works, the importance of the American Constitution and Bill of Rights, or the civic responsibilities of good citizenship. You must always remember that democracy and uneducated citizens are a very bad mix. From the very first day of class, I try to instill in my students one essential goal: think the unthinkable and question the unquestionable. Simply put, to be afraid of ideas, any idea, is to be unfit for self-government. It is sometimes difficult at first, but I believe it is critical that they learn how to apply this to everything they learn.

**Q:** Although you have retired from so many careers, what are you doing now?

**A:** Presently, I am teaching college-level courses in Amer. Gov't. several days a week for T.C.C. (Portsmouth) at Woodrow Wilson High School, as well as one class each at T.C.C. (Virginia Beach) and Virginia Wesleyan College. For the past decade, I have taught upper-level college courses during the summer session at Georgetown University for the Junior Statesmen of America Program. Working with such amazing high school sophomore and junior honor students not only keeps me on my toes but keeps me young! I also continue to write and publish academic books and scholarly articles. One must never allow the mind to grow lazy.

**Q:** Who has had the greatest impact on your life?

**A:** Without question, it has to be my wife, Lois. She is a teacher of American History, both on the high school and college levels. Her knowledge of History and Political Science is extraordinary in its depth and understanding. In addition, she is an amazing mother and grandmother, as well as being my soul mate in almost everything I do. We try to see our son (he's an attorney in Western N C) and his family as often as possible. In the meantime, we keep busy with social activities, theater, concerts, and good movies (favorites: Citizen Kane, Casablanca and Judgment at Nuremberg.)

## Duties of the Vice President

As outgoing Vice President of ILR I have been asked to write this article to inform everyone of the duties of this office in hopes that someone will step forward and volunteer to fill this position next year.

Our Board Handbook states the following duties for the office of Vice President:

- ◆ Provide assistance and support to the President and the Board as required.
- ◆ Undertake projects, inquiries, committees and similar activities as assigned.
- ◆ Co-sign checks
- ◆ Preside at meetings and/or other functions in the absence of the elected President.
- ◆ Keep abreast of past and present actions of the Board in preparation for assumption of the presidency. It is expected, but not required, that the Vice President will serve as President in the following year.

- ◆ Attend all meetings of the Board.

One of the primary additional duties of the Vice-President is to serve as chair of the scholarship committee that selects the recipient of the ILR Scholarship Award. This is done whenever there is a need for a new scholarship recipient.

The Vice-President should periodically attend committee meetings as part of his/her learning process. The Vice-President should sit on the Communications Committee as the representative of the Board.

While the duties of this position are rewarding and important they are normally not all that time consuming. Serving in this capacity does provide one the opportunity to return something to ILR for the great service this organization provides to our community.

### So, Who Is Mike McGraw, our Vice President?

Following a career of more than 37 years with R. R. Donnelley, a global provider of integrated communications, I chose to retire in late 2002 and move to Virginia Beach to be near family. I was born and reared in Indiana and graduated from Trine University in 1964 with a B. S. degree in business administration. During my Donnelley years I was privileged to serve in senior level managerial positions at facilities in Illinois, Indiana, New York, South Carolina, and Texas. In 2002 I was awarded the first ever R. R. Donnelley Lifetime Achievement Award. I am a distinguished graduate from Transportation OCS in Fort Eustis and served in the U. S. Army Transportation Corps from 1966 to 1972, attaining the rank of Captain.

Linda, my wife of more than 48 years and a retired Speech Pathologist, and I have two grown daughters and four grandchildren, two girls in New Hampshire and two boys here in Virginia Beach. Since moving to Virginia Beach in early 2003 I have been active in ILR programs and, for three years, served as a docent at the Chrysler Museum of Art in Norfolk. I am very involved in my religious community, Old Donation Episcopal Church, serving in parish leadership and worship positions, and at the diocesan level as a six-time elected delegate to the annual Diocesan Council and a member of the Diocesan Executive Committee. My spare time activities include photography (both capturing and collecting images), golf, reading (favorite author is Daniel Silva), studying American history and travel.

## Have You Ever Discovered a "Jewel" in Hampton Roads and Wanted to Share it with Others?

That's how members of the ILR Social Committee feel when they truly enjoy an event and then make a commitment to share that experience with other members. At monthly meetings held on the third Tuesday of the month, Committee members pitch ideas for what he/she believes would be of interest to members. Then the Committee as a whole decides which would likely offer the broadest appeal. Pitchers+ or sponsors for chosen events then work out the details to ensure that the event runs smoothly.

Some of our recent successful events include: Ride the Tide and Sail the American Rover, tour the Norfolk Southern RR Museum and have lunch at the Vineyards, tour the Francis Land Home, tour and enjoy a gourmet lunch at The Art Institute of Virginia Beach, and a tour and demonstration at Mark Gonsenhausers Rug and Carpet Store with lunch afterwards at Bonefish. Then there are the times when we just enjoy dining together with no tour, just good conversation! Gasthaus, an authentic German restaurant, and Lynnhaven Fish House are great examples of fine dining with friends/ILR members. In addition to our individual projects, the Social Committee works as a team to facilitate the success of these events: June Lam's Potluck Dinner, the Azaranskys Valentine Party,

and the Annual Meeting/Luncheon at Westminster Canterbury. These shared experiences help build a sense of camaraderie and they enhance our individual experiences with ILR.

The Social Committee is one of several committees that I urge you to explore. Some work is involved in each, but the payoff is worth it! We get a chance to know and work with like-minded members and at the same time provide a service to all members! What more can you ask?

Susan Clarke, Co-Chair ILR Social Committee

P.S. If you would like to know more about the Social Committee, call one of the Co-Chairs: Nancy Pond # 496-5537 or Susan Clarke # 362-3231. For information about other committees, call Theo Rozdilsky at # 368-4160.

### 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 New Members - Aug. 21-Nov. 7, 2012.

**Chesapeake:** Jean Holton, Carolyn Kuhlmann.

**Norfolk:** Hilde Deutsch, Mary Nell Kuhlo, Bill & Mary Louis Lehew, Tiffany Mandell, Madelyn Sawyer, Richard & Brenda Waters.

**Virginia Beach:** Madeline Allen, Marti Burke, Gayle Chene, Virginia & Page Cranford, Jeanette Cunningham, Meryl Dean, Denise Dobrolski, Bobbie Froehlich, Nancy Garrett, Denyce Grimsley, Barbara Hart, Helen Johnson, Electra Julias, Irwin Kroskin, Leslie Law, Catherine Nesmith, Walter Pankiewicz, Gary & Celes Price, Walter & Susan Russell, Donald Shibley, Garnett Shores, Carolyn Smith, Maureen Strassle, Robert & Anita Taylor, Shirley Taylor, Judy Waller, Edwina Walsh, George & Gilda Weber, George White, Ruth Lee Wooldridge.