



# University of Michigan Retirees Association

Volume 9, No. 4

March/April/May 2006

## Social Hour Programs

**March 9: Juan Mestas**, Chancellor and Professor of Foreign Languages at the UM/Flint will speak on the future of the UM/Flint campus. Before coming to UM he was Deputy Chairman of the National Endowment for the Humanities in Washington, D.C., a position he held since 1994. Prof. Mestas is not only the author of scholarly works, but his poetry and short stories have also appeared in publications in the U.S. and Latin America.

**April 6: Knute Nadelhoffer**, Director of the UM Biological Station and Professor, Dept. of Ecology and Evolutionary Biology will present: "Our Northernmost Campus – the UM Biological Station". He will describe programs of research, education and outreach at the Biological Station in Pellston, Michigan, as related to changes and landscapes and the climate of the Great Lakes region.

**May 9: Bentley Historical Library** Staff Members will present a program on "Michigan Memories: Documenting the History of the UM. IMPORTANT NOTE: This program will take place at the Bentley Library on North Campus. Parking information will be announced soon. A tour of the Bentley facility will be offered.

**Note:** Professor Juan Cole, the originally scheduled May 9 speaker, must attend a meeting at the United Nations on that date, but we hope to reschedule his talk, which will deal with U.S. policies and the Middle East.

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## Social Hour Details

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All UM retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks. Social Hour programs begin at 3:15 PM and continue until about 5:00 PM. Announcements about speakers and programs are made in this newsletter, in University Record *Events* notices, and at <www.umich.edu/~hrra/umra>, the UMRA web site.

## Meeting Locations

Social Hour gatherings are held at the Best Western Motel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues will be used from time to time. Please check the meeting notices on Page 1 to find the latest information.

### The University of Michigan Retirees Association Newsletter

2072 Administrative Services Building, Ann Arbor, MI 48109-1432

The Administrative Services Building is located at the intersection of Hoover and Green Streets. Parking is available nearby.

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## REPORT OF FEBRUARY PROGRAM

### John Kotre, speaker

A Professor Emeritus of Psychology, John Kotre is a well-known expert on the passing of family cultural norms between generations, as described in his book *Outliving the Self: How We Live on in Future Generations*. He is featured in the television series *Seasons of Life*, and is the author of many articles. He is newly retired from the U-M Dearborn campus.

Kotre began his talk by pointing out that each of us stands between generations—the generation of our parents and that of our children and our friends' children. He terms the legacies that pass between generations “generativity.” Kotre says that generativity is a subject that he has taught to graduate students for years. Usually he can count on four months of classroom contact to complete his explanation. To UMRA, on our day with him, he accomplished much of the same in an hour!

To begin, Kotre recounted several anecdotes from the past, including examples from the Arabian stories in *1001 Nights* and the story of Noah and the Ark in the Bible. Then, he gave examples from his experience in counseling persons brought up with quite different family situations in their childhood. He recalled two young men, one of whom had been “under fathered” and the other “over fathered.” The differences in their life histories were quite striking, in both cases reflecting their experiences with their fathers, but with different and creative approaches to life by the sons, both of whom achieved success in dealing well with their own sons.

Kotre cited another story of a young woman who transferred her feelings about

a very unsatisfactory marriage into an elaborate hand-made and humorous quilt and in this way sublimated her difficult experiences.

He pointed out that in these and in many other cases the power of creativity provides a solution to the problems that people encounter. Creativity provides a way to pass on “positive generativity.” There is always a mix of good and of bad influences that pass between generations. Even in the case of good influences it is often necessary to choose the “best good” from among a range of “goods.”

Although creativity is an important attribute for the best kinds of generativity there are many examples of creative people who cannot achieve passing of creative ideas in their family relationships. As examples, Frank Lloyd Wright could not give up his “ownership” of houses he designed and might appear at the door to show the house to new clients without contact with the real owners living there. Similarly, the dancer Martha Graham insisted on retaining ownership of her artistic creations for many years, forbidding other dancers from performing her choreography.

In conducting our lives, most of us hope to see the outcome of our creativity, and thus our generativity, in our careers or in our offspring. However, often we can neither see nor accurately predict the outcomes and must rely on faith in our own creativity. It is necessary for us eventually to let go of our children, or writings, or ideas and to let generativity to follow its course. We must, as we see, wisely allow our children to establish their own identities.

## HEALTH FAIR:

### HOW TO STAY HEALTHY AS WE AGE

**Date:** Tuesday, April 25, 2006  
**Location:** Best Western Hotel & Conf. Center  
2900 Jackson Rd., Ann Arbor

With support from the UM Staff Benefits Office, UMRA will host a day-long program dealing with various health topics which reflect concerns often expressed by UMRA members. Participants are invited to attend those sessions of special interest to them or to stay for the entire program. Lunch will be provided to registered participants.

Participants are asked to register for the conference by completing the form below and mailing it, together with a check for \$10.00, made payable to the *University of Michigan Retirees Association*.

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Mail, with payment, to:

University of Michigan Retirees Association  
2072 Administrative Services Building  
1009 Greene Street  
Ann Arbor MI 48109-1432

#### REGISTRATION FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Entree Selection: Salmon \_\_\_\_\_ Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

# HEALTH FAIR PROGRAM

- 8:30- 2:00 Registration and Coffee.
- 9:00 Introduction – Pat Butler, Conference Chair  
Welcome – Douglas Woolley, President, UMRA
- 9:15 The Motivating Power of Humor and Laughter  
Sheila Feigelson, PhD, Motivational Speaker and Author
- 10:30 Break
- 10:45 Healthy Aging: A Better Way of Thinking  
Cassie Messmer, LBSW  
Education & Training Coordinator,  
Alzheimer Association. Michigan Great Lakes Chapter
- 11:15 Better Nutrition for Heart Disease, Cancer, Diabetes And Brain Enhancement  
Andrea Lasichak, BS, RD, Nutritional Specialist  
Endocrinology & Metabolism, Medical School  
& Environmental and Industrial Health, UM School Public Health
- 12:15 Lunch: Entrees include salmon or chicken or vegetarian and will be served with salad, vegetables, rolls & butter together with coffee or tea
- 1:15 Cancer Prevention – Colorectal, Prostate, Breast, Cervical, Lung and Skin.  
Annette Schork, BSN, RN, Cancer Answer Nurse Line
- 2:00 Shingles Prevention  
Dr. Carol Kaufman, MD, Professor of Internal Medicine,  
University of Michigan; Chief, Infectious Diseases Section,  
Veteran Affairs, Ann Arbor Healthcare System  
Project Director, Shingles Prevention Trials, Ann Arbor
- 2:30 Break
- 2:45 Exercise – Maintaining Mobility, Flexibility and Fitness  
Dr. Richard Lampman, MS, PhD, Adj.Assoc.Prof. of  
Physical Medicine & Rehabilitation, UM Medical School
- 3:30 Discussion and End of Program

# AGING VERSUS STAYING YOUNG:

## COMMENTS BY GEORGE CARLIN

On various websites, the celebrated humorist, George Carlin has offered his views on these two intriguing topics. Do his observations strike a familiar chord?

Do you realize that the only time in our lives when we'd like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life...you become 21. Even the words sound like a ceremony...YOU BECOME 21. YESSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60, You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and each day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s you start going backwards; "I was JUST 92."

Then a strange thing happens. If you make it over 100 you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

# George Carlin's Rules for Staying Young

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take any guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

And always remember:

Life is not measured by the number of breaths we take, but  
by the moments that take our breath away.

## HELP IN PREPARING A WILL?

The preparation of a will is a subject often fraught with anxieties, not the least of which is the apparent daunting legal difficulty in preparing such a document. The cost of its preparation can also be a factor. Yet we all know that the absence of a legal will can often have serious and unhappy family consequences. But now, UM Retirees can obtain assistance with this. Marty Eichadt, of UM's Human Resources Office, says that with the 1/1/06 transfer of UM Life Insurance coverage to MetLife the preparation of a will has become a covered service for active and retired employees and their spouses covered by the UM MetLife Insurance Plan. The administration of this service is by Hyatt Legal Plans – a wholly owned subsidiary of MetLife. Hyatt Legal Plans can be contacted by calling 1-800-821-6400.

## **UMRA HIKING GROUP**

Sandy Sipkin is planning a hike out to Birds Hills Park on Newport Road at 10 a.m. on Wednesday April 19th and another at a location yet to be determined on May 17th. Those interested and not on her email list can contact her at <ssipkin@comcast.net> or by phone at 734-747-8785 for further information.

## **GROWTH IN UMRA MEMBERSHIP**

Office records show that UMRA has grown to a total of 1358 members for the current year. Inspection of the membership list did locate less than a half dozen duplicate entries but it would be good to keep the membership list as accurate as possible. So, if you are receiving duplicate copies of the Newsletter, please contact Bridget Kerr of the UMRA Office at 734-936-8626.

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