

The Senior Sentinel

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Newsletter of the IUPUI Senior Academy

GAVE....AND STILL GIVING

There are many satisfying dimensions of service in the IUPUI Senior Academy. The organization is made up of faculty and staff who, for the most part, gave decades of service to IUPUI during their working careers. Many of them are still serving by giving their time teaching classes, tutoring or mentoring students and even teaching each other through presentations and discussions in sessions sponsored by the Senior Academy.

Academy members also still give their support in the form of money. Elsewhere in this newsletter, a report shows a steady increase in the level of giving to the United Way Campaign. Another aspect of SA giving is our developing scholarship program. Led by a few individuals who prefer to remain anonymous, we now have established three scholarships. The scholarship program cannot be sustained by the generosity of a few individual members but we are confident broad support from our membership will develop.

We have had comments from individuals who would like to be more involved in Senior Academy activities, but have not because of geographic location, because of personal or family health or other reasons. Here is an easy and important way for all members of the Senior Academy to contribute. Soon you will receive a letter asking you to consider supporting the Campus Campaign. In that letter you will be asked to consider a gift to one or more of the scholarship accounts. We ask for your earnest support. --- Marvin Ebbert, President

New Sentinel Feature

Periodically, issues of the Sentinel will highlight "adventures" or other unique experiences of our members. These accounts will focus on those aspects of the experiences that are likely to inform, challenge or just entertain our readers. Let us know of your own unique adventures or experiences. We would like to build a "bank" of such stories to use in the future.

The first of these shares the Sea Trek 2001 adventures of member, Noel Duerden and his wife Ina, who are currently volunteering at The Church of Jesus Christ of Latter-day Saints, Family History Library in Salt Lake City.

Sea Trek 2001

While many seniors take ocean cruises, few have crossed the Atlantic on sailing ships. As part of Sea Trek

2001, my wife Ina and I experienced a once-in-a-lifetime expedition that commemorated the exodus of about 80,000 Mormons from Europe to America in the 1880s. As converts to The Church of Jesus Christ of Latter-day Saints, they were gathering in Utah and were credited with helping build the strength of the fledgling LDS Church and populating the often desolate West. Sea Trek attempted to let us get a small taste of their experiences and honor their pioneering spirit.

Sea Trek began with eight sailing ships, stopping at ports in Scandinavia and England. Only three ships made the ocean crossing. Ina and I joined the flotilla in the Canary Islands on a 21-day sail to Bermuda across what was a hot and calm ocean. And then, a sail through a storm, on a five-day trip to New York.

Our ship, the Norwegian Christian Radich, was a working, square-rigged ship used for racing and training of young people wanting to be sailors. We were not leisure passengers, but members of a working crew – hoisting sails, climbing rigging, polishing brass, painting, and even steering the ship's wheel. The 39 of us supplemented the experienced crew of 18. We were on the 4-8 a.m. and 4-8 p.m. watches each day, seven days a week. We saw stunningly different sunrises and sunsets as well as flying fish, dolphins, whales, porpoises and sea birds, hundreds of miles from land.

The lack of wind made the journey across the Atlantic both hot and long. Our only shade was from the sails, but when there was no wind the sails were hauled in leaving us to suffer the heat on deck because it was even hotter below. In spite of the discomfort, we endured it better than our predecessors. We had fresh, de-salted water, hot showers, vacuum toilets and a five-person galley crew serving delicious food. The ship had an engine which allowed us to make ports on time when the winds were clam. We slept in bunks and hammocks. While the hammocks were nice when the ship rolled, because of the difficulty climbing in and the fact that it was hotter in them than on the floor, I often slept on the floor next to a small vent which provide very weak, but welcomed air conditioning in our below-sea-banjer (or dorm).

Twice the captain stopped to allow swimming in the calm waters. The younger crew swung from ropes while us older ones just flailed about in the incredibly, deep azure blue. On one occasion, the captain, who usually had a fishing line trailing from behind the rear deck, snagged a six-foot long, blue marlin. He had it served the next day for lunch. He did not tell us, until after one swim, that when he reeled in his line, there were teeth marks in what was left of his bait. How comforting!

Among all of our remembrances, September 11, 2001 was the most notable. I was on the bow watch when someone ran up saying that New York had been bombed and that "150,000 people were killed." Because we had only one satellite transmission a day through the captain's computer, news of the tragedy came slowly and wildly. We could only receive and send e-mails home at 4 p.m. daily. As a result, we knew neither what was true, nor what the real situation was. It was not until we arrived in Bermuda for a three-day stopover and could purchase news magazines that the impact really hit. Even then, since we were so far removed from reality, it still is hard to understand the panic, emotion and grief of that day.

The event profoundly affected our arrival in New York. A gala entry was planned: publicity centered on the culmination of this unique, commemorative journey -- news helicopters, fire boat cannons spewing water, cheering crowds. But New York harbor was closed to all except military vessels. We were allowed to dock – only because we were classified as a training ship was special permission granted. There were no celebrations. We did not know when or how we could get to Indy because of airline flight confusion and restrictions. It occurred to us that we might have to build and use handcarts or ox-pulled wagons to get home as our Mormon Pioneer ancestors did.

One can not take such a trip without realizing how hundreds of thousands of immigrants sacrificed to come to America. Life on those old sailing ships was grueling, even deadly. Countless hundreds were buried at sea. However, we were told that of all the ships carrying Mormons, none sank, while in a ten year period in the 1840-50s, some 59 other immigrant and freight ships "hit bottom." However, our trip was not without a storm. For about two days on the sail from Bermuda, we hit the tail of a tropical storm. Lines were strung up on deck and sails had to be stowed at night because of stiff winds and rain. Watches were intensified as all

three crew watches were activated. The ship listed more than 30 degrees to port. The ship's engineer, who had been on the Christian Radich for 10 years, told us during the whipping winds and severe listing: "Isn't she beautiful? Doesn't she handle well?" We were not so calm.

Retrospectively, and in answer to inquiries: Yes, we might do it again. But we have a great deal more admiration for our ancestors and thousands of others who fled Europe for a better life in America. Most people relate to the adventures of the pioneers trekking 1,600 miles across America's midsection in covered wagons and handcarts, but not everyone realizes the sea pioneers who braved the sail before the trail. ---
Noel Duerden

Social Committee Events

A SPECIAL HALLOWEEN TOUR on October 29th featuring the Indiana Medical History Museum and City Market Catacombs launched the Academy's social events for the year. At the Medical History Museum, the group explored 19th century laboratories and medical instruments and equipment. The 24 members and guests gathered in the museum's amphitheatre for a brief lecture by Dr. Jim Smith, Chair of the Museum Board. He and museum staff members discussed how medical lectures and surgeries were performed and recorded. The building is carefully maintained and includes extensive displays and libraries.

Following the Museum tour, the group traveled to the City Market for lunch and to hear about the history of the building and plans for its future development. A walk through the little known, underground catacombs was a special feature of the visit.

On November 19th Academy members visited the Lilly Library on the IUB campus. Those attending were able to see the library's collection of rare books and manuscripts. However, the primary feature at the library was the exhibit honoring the 100th year of the IU School of Medicine. The display included Paracelsus' 1536 book on surgical techniques, Vesalius' book on anatomical work, *De Humani Corporis Fabrica*, William Harvey's 1628 book on the circulation of blood, Sir Charles Bell's *Idea of New Anatomy of the Brain*, and Benjamin Franklin's booklet on preventing smallpox by inoculation.

As in past years, a special feature of the Academy's social calendar this year was the group's festive holiday dinner. Members and guests gathered at the Hollyhock Hill Restaurant on December 3rd for the event. As has been the case each year, the event proved to be the highlight of our organization's "social life."

The final social event of the semester was the group's Chicago Day Tour on December 10th. Thirty four members and guests made the bus tour of the "Windy City." Options for those making the trip included the Art Institute of Chicago, the Field Museum, the Shedd Aquarium, the Adler Planetarium and the Water Tower Place. The trip concluded with dinner at the Greek Islands Restaurant.

Projects Committee Events

Academy members joined Vic Childers on November 11th and enjoyed the presentation of his tour to Antarctica on the M.V. Polar Star last year. He shared photos and experiences from the adventure. If you missed the presentation and enjoy sailing, snow and ice, below zero temperatures and penguins you certainly would have enjoyed Vic's sharing of his Elderhostel experience.

Campus Tour Scheduled

Surprised at the relentless physical developments of the IUPUI campus since you retired? Like to have a closer look at the changes and understand some of the new developments? Mark Friday, March 19th on your calendar.

Be at the IUPUI Bush Stadium Parking Lot at 1:15 that day and board the

new shuttle that will be waiting for you thanks to arrangements by Vice Chancellor Bob Martin and Betty Palmer. Bob will conduct the guided tour for members of the Academy.

Because seating is limited, call 274-4511 to sign on.

Compare and Share

Compare and Share provides members the opportunity to obtain, from friends they know and grew up with at IUPUI, solutions to common retirement issues. Retirement experts are invited to assist members to better understand the issues. Medical insurance, long-term care, estate planning, travel, housing etc. are some of the issues being considered. A family of retirees is being created that help each other and work together.

The groups meet the second Tuesday each month from 10 a.m. to 12 noon at the IUPUI Glendale Campus. The following programs will meet in Room 5. We look forward to seeing you.

January 13 – Robyn Grant, former Indiana State Ombudsman for nursing homes will provide information on selecting a nursing home

February 10 – Judy Silence will speak on the Senior Academy web page

March 9 – Ed Solinski will speak on Long Term Care Insurance

April 13 – Prescription Drug Legislation

Academy Web Site

Thanks to the efforts of Judy Silence, the Academy web site is online. You can access the site through the IUPUI Home Page under the Faculty/Staff link or at <http://www.iupui.edu/~sacademy>. The site includes news and information about Academy activities and events as well as Board minutes. Included also is a copy of the Academy's Mission Statement and links to other sites that provide news and information members may find useful.

United Way Campaign

The IUPUI Central Indiana United Way campaign was launched on September 29th and ran through November 31st. This is the fifth year that the Academy has participated in the campaign as a special unit. Throughout these years, members of our organization have established a distinguished record.

The campus goal this year was \$275,000. In addition to that goal, the Steering Committee adopted "increased participation" as a special goal. Last year, 51 Academy members contributed \$17,309 to the campaign. This year 63 members contributed \$19,288. The Academy's total was highest among the 110 contribution units on campus.

The generosity of the Academy is just one more way in which the organization is true to its mission to serve the campus and greater community. Soon members will have an even more direct way to support both the Academy and the campus by contributing to the Academy's scholarship funds through this year's annual, Campus Campaign.

VOLUNTEER OPPORTUNITIES

Good Friends Program – The Good Friends Program is a one-on-one tutoring program that matches adult volunteers with students in grades K-12. Tutoring occurs during the school day at the school under the

supervision of the classroom teacher. For information or to volunteer, please call Karen Deery at 274-8959.

Dr. Martin Luther King, Jr. Day of Service, Monday, January 19th. To honor Dr. King, IUPUI reaches out to various sites in the community. Join the Academy's team to help agencies with inside work. Volunteers are provided breakfast and a "T" shirt. To join the Senior Academy team, call Barbara Zimmer at 253-7867.

Other Service events:

Spring into Service Volunteer Fair Wednesday, February 18th

WEEK OF ACTION: Raise Your Voice February 15th – 21st

National COOL Conference March 2004

Into the Parks Cleanup Friday, April 16th

To volunteer for any of these dates, contact Barbara Zimmer at 253-7867.

Upcoming Events