

Limerick Contest Results!

In our fall newsletter, we announced a CSU Limerick contest for our members in an effort to encourage retirement light heartedness. We received a number of contributions, and members of the Board selected those printed below for awards. The winners will receive free tuition for a future Osher Course (valued at up to \$85, Osher membership required). There were eight submissions, including one that was creatively written in three parts. The two finalists were selected based on their focus on an academic topic and evidence of appropriate anapestic rhythm.* Limericks, chosen in no particular order, are:

His title is College Professor,
On campus, he's a knowledge possessor.
Cares little for looks;
Prefers reading books,
Neath robe, he's an untidy dresser.

F. Max Stein, Professor
CSU Mathematics, Emeritus

There was a particle slight,
Which went slightly faster than light.
This fast bit of matter,
Performed like the Mad Hatter,
And kept physicists awake all the night.

Robert M. Lawrence, Professor
CSU Political Science, Emeritus

The committee thought these two limericks met the high CSU Senior Scholar standard, and the editor will continue to accept submissions for a third winner through March 2012. To assist future poets in achieving the proper meter, remember: The first line in a limerick should have this rhythm pattern: da DUM da da DUM da da DUM or 3 DUMS or beats. A good limerick has 3 rhythm beats in the lines 1, 2, and 5, and 2 beats in lines 3 and 4.

See How to Write a Limerick at:
www.gigglepoetry.com/poetryclass/limerickcontesthelp.html

Bob Meroney
Newsletter Editor

Upcoming Events

The speaker series this spring is being offered jointly with the Osher Lifelong Learning Institute. Note that we now meet from 3:00-4:30 p.m. in the College America auditorium at 4601 S. Mason Street, just south of Harmony.

January 23, 2012

"Human Aging and Unusual Neuro-muscular Adaptations to Strength Training"

*Brian Tracy,
Health and Exercise Science*

February 13, 2012

"Inexpensive, Efficient Approaches for Energy Production and Storage"

*Amy Prieto,
Chemistry*

March 19, 2012

"Dividing Western Waters: Need for the Master's Touch"

*Neil Grigg,
Civil and Environmental Engineering*

April 16, 2012

"Annual update of campus and state developments in higher education."

*Rick Miranda,
CSU Provost*

From the President

Friends and Colleagues,

As I near the end of my two-year term as President of the Society of Senior Scholars, I want to say what a pleasure and privilege it has been to work with the Society's Executive Committee on behalf of retired CSU faculty and Admission Professionals. I am proud to have worked to extend the programs and initiatives begun by my predecessors, Bob Zimdahl and Jerry Eckhert.

I encourage you all to stay actively connected to the University. Some suggestions may be to:

Volunteer your time and talent through The Institute for Teaching and Learning (TILT). See future article.

Come hear one of the exciting speakers in the Society's monthly series.

Sign up for the Society's excursions or the Alumni Office's Ram Track Tours.

Respond to and attend one of Vice President Brett Anderson's luncheons and receptions that honor your service.

Attend CSU lectures and performances.

Contact the Society's Executive Committee so that we can hear from you.

Cheer on the Rams.



Best Wishes,

David Lindstrom
President

Retiree Reading List

CSU Society of Senior Scholars is a member of AROHE (Associations of Retirement Organizations in Higher Education). AROHE is an international network of retiree organizations at colleges and universities that assists members in fostering development and sharing ideas. The association sponsors retiree best practices, conferences, surveys and identifies resources. You can read their newsletter at:
www.arohe.org/files/newsletter/AROHEnovember2011.pdf.

In the latest newsletter, Helen Dennis who is a specialist in aging, employment and the new retirement identified the following 14 books on successful aging, brain health, etc.

Successful Aging by John W. Rowe and Robert L. Kahn (Random House, 1998)

The Creative Age: Awakening Human Potential in the Second Half of Life by Gene D. Cohen, M.D., Ph.D. (Harper Collins, 2000)

The Mature Mind: The Positive Power of the Aging Brain by Gene D. Cohen, M.D., Ph.D. (Basic Books, 2005)

AgeLess: Take Control of Your Age and Stay Youthful for Life by Edward L. Schneider, M.D. (Rodale Books, 2003)

The Memory Bible: An Innovative Strategy for Keeping Your Brain Young by Gary Small, M.D. (Hyperion, 2002)

The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep your Brain and Body Young by Gary Small, M.D. (Hyperion, 2004)

Encore: Find Work That Matters in the Second Half of Life by Marc Freedman (PublicAffairs, 2007)

Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America by Marc Freedman (PublicAffairs, 1999)

My Time: Making the Most of the Rest of Your Life by Abigail Trafford (Basic Books, 2004)

Inventing the Rest of Our Lives: Women in Second Adulthood by Suzanne Braun Levine (Penguin Group, 2005)

Leap! What Will We Do with the Rest of our Lives? by Sara Davidson (Random House, 2007)

Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner 2008)

Don't Retire, Rewire by Jerry Sedlar and Rick Miner (Penguin 2003). Updated paperback version: Don't Retire, Rewire, Second Edition (2008)

Smart Women Don't Retire, They Break Free by the Transition Network and Gail Rentsch (Springboard 2008)

Living Fully in Retirement

William and Jean Griswold

As we retired from more than 30 years at CSU, we both were told that we could count on “being very busy” despite the immediate feeling that there is really little to do if one hasn’t got a job, and “every day is Saturday” when one no longer prepares lectures or organizes programs. We had done our share of classes and programs, Bill as a history professor and Jean working in the CSU International Office with foreign students for two decades.



With retirement for Bill, his classes have turned into talks to community groups, sharing his knowledge and impressions about the never-ending and perplexing problems of the world of the Middle East and Islam. For Jean, her involvement in international activities continues in a real sense, as the number of foreign students at CSU increases and the need for volunteers expands to meet the demands of the programs, mostly to provide direct contact of international students with the American community and to teach English to the spouses of CSU international students. At home, we welcome the newcomers, as well as old friends, to that odd Griswold tradition of a waffle breakfast for anyone with international interests to share with us.

From Bill: After years of wrestling with the intractable problems of the Middle East, even now I try to keep current through the magic of the internet every morning, perusing not only the NY Times articles but also Middle Eastern newspapers such as Al Jazerra, and Turkish newspapers (in translation, I must confess). I am astonished at the fundamental changes that have come about in the Middle East since I retired at the end of the last century. The whole Middle East, the old order that I taught at CSU for thirty years has been changed, the century of imperialism and colonialism and Western European control of Israel, Egypt, Turkey and Jordan has suddenly been upended by the so-named Arab Spring of the past year. As I see it, the people of the North African Islamic world have determined to return to something ancient, continuing, and profoundly Islamic: personal justice, collective dignity, and true independence and self-reliance.

Retirement has also meant time for both of us to enjoy family, as we frequently travel to visit our bi-coastal relations. It also provides time and opportunity to reconnect here and in Turkey with former colleagues and students from our teaching days in Turkey during the 1950s. Other travel opportunities have been presented to us, especially on the Semester at Sea, our role now as passengers instead of teaching and administering. Jean’s membership in Rotary also expands her interests in overseas projects and international student exchange.

Yes, every day is “Saturday” but what busy “Saturdays”! Retirement opens new doors which we will keep pushing open, ignoring as long as we can the sometimes bothersome problems of aging.

From the Editor

Dear reader: The newsletter has examined many different topics and tried to identify information that would be useful in retirement. But are there subjects you would like to see discussed? Would any of you like to contribute an article or blog? Please contact me or a board member.



Bob Meroney
Newsletter Editor

Stay in Touch

Retired CSU faculty and Administrative Professionals who wish to receive emergency announcements and memos from the President and the Provost that are blasted university-wide can opt in at: [acctmgr@colostate.edu/](mailto:acctmgr@colostate.edu)

Those who wish to receive the University’s daily **Today @ Colorado State** can do so at www.today.colostate.edu/ and click on “subscriptions” in the upper right corner.

Don’t forget the Society of Senior Scholars website at: <http://www.csuseniorscholars.com>

“Curiosity Never Retires” at the Osher Lifelong Learning Institute

We hope you learn more about the Osher Lifelong Learning Institute as one of your new year’s resolutions. Our members have described us as “a real bargain!” For only \$35 you will be able to attend our perk series (including various lectures, tours, and social gatherings throughout the year). You will then also have access to a wide variety of courses which carry a separate fee, depending on the contact hours. We are excited to share our schedule of classes taught by an outstanding team of instructors and facilitators. They will challenge you to stretch your mind and play with new ideas. Our Curriculum and Osher Plus Committees have worked hard to plan all of the courses and activities you will find in the Spring Schedule book which you can find online at www.online.colostate.edu/global/docs/osher/Osher_Catalog.pdf or you can call the Osher office at (970) 491-7753 to ask to have a copy mailed to you.

We invite you to join the festivities and fun as we “Celebrate Lifelong Learning” on Tuesday, January 17th, from 4:30 to 6:30 p.m., Drake Centre, 802 West Drake Road, Fort Collins, CO 80525 (with plenty of free parking!)

- Meet our instructors; Mingle with Osher friends
- Learn about upcoming classes and activities; Register for Spring courses
- Enjoy refreshments/appetizers and music; Win door prizes
- Bid on silent auction items that “showcase” the Hidden Talents of your fellow Osher members

(A sampling of items include: Hand-crafted quilts, photography, books and a private party for you and a few friends to learn more about wine and appetizers)

Also, please bring a friend who may be interested in joining Osher. RSVP no later than **January 10th** by calling (970) 491-7753 or emailing RSVPOsher@colostate.edu

Osher membership is a nominal \$35/year which includes free lectures, tours, book groups and social activities. To request additional information or to register for classes, please call (970) 491-7753 or visit our website at [osher@colostate.edu](http://osher.colostate.edu)

Kevin Oltjenbruns
Co-Director, OSHER Institute

Opportunities for Retirees

The Institute for Learning and Teaching (TILT) has many opportunities for retired faculty and staff in their organization that include tutoring, teaching non-credit “short courses” on your own choice of topic, mentoring new faculty or staff, judging poster contests, mentoring undergraduate research, or referee submissions to the Journal of Undergraduate Research. If you can help in any of these areas, contact Mike Palmquist, Associate Vice Provost for Learning and Teaching and TILT at (970) 491-3132 or visit <http://tilt.colostate.edu/index.cfm>.

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