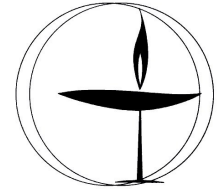


Elderberries



the newsletter of the
Unitarian Universalist Retired Ministers and Partners Association

VOLUME XXVII

NUMBER 2

Spring 2012

Just do it!

Beatrice Robbins (Hallowell, ME) turned 102 on Jan. 2. She has been a mother, a teacher and a minister's wife. Despite some hearing loss, she still enjoys playing the piano. She is also a published poet. She has put family stories to paper so that her own mother would be remembered by future generations in her family



Photo by Andy Molloy

Beatrice says she was inspired by an artist who painted a colorful vase of flowers. Dissatisfied, the artist hid it away and later gave it to a rummage sale. Beatrice spotted it and has enjoyed it for many years. (She has even been offered cash for the work.) Her message now: "Just do it," when you doubt yourself. When asked about her long life she says, "Most things are in the past." When asked if she still enjoys life after 102 years she answers readily, "Yes I do... it doesn't seem to be any concern of mine what day the ultimate is going to happen... Why should I dwell on that? I won't know it."

Ed. Note: Thanks to Bill DeWolfe for this news in a story by Craig Crosby in the Kennebec Journal

Keeping in Touch



Barbara Morgan

Barbara Morgan is our new Pacific Northwest Caring Network Coordinator. She brings experience as a spiritual advisor to the job. **Leon Hopper**, who is completing his service there, is working with her for a smooth transition. Our gratitude to Leon for his faithful work over the years.

Barbara Molfese is now job-sharing with **Ellen Johnson-Fay** to serve our Colorado/Montana/Wyoming Caring Network. Her work as a chaplain will serve her well now. Thank you both for stepping up to help make UURMaPA even more caring.



Barbara Molfese

Universalism Unbound



God's never met a Christian;
He's never seen a Jew;
He's never heard of Islam
And others we could name.

As for sects and 'isms'
He hasn't got a clue!
But God is kind and doesn't mind,
He loves them all the same.

—John Cummins

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Next deadline is Apr. 15

Send your news, views and photos to
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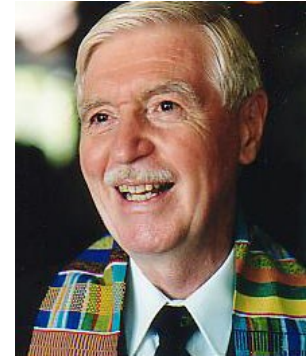
Thoughtful Planning for the End Game

One of the realities with which we clergy and partners must deal is death, not only in a professional context, but also personally. During my ministry I preached on the “end game” at least once each year. It was as much for me as for my parishioners, and was a good spiritual discipline. Periodically I led seminars on death and dying. We dealt with the emotional and spiritual dimensions, of course, but also with practical details which sometimes interfere with healthy grieving.

Part of that process was encouraging all members to complete an information form with contact information for next of kin, spelling out their wishes for a memorial service. Such a document could be filed with a church or a trusted friend (a link to a sample is posted on the UURMaPA website or is available from me). We also encourage membership in a local memorial society. One helpful instrument is the Five Wishes form, a variation of the Living Will, which includes advance directives, a health care agent form, and desired treatment options. All this can be a values clarifying process for us and a way of involving next of kin in important deliberations. The Five Wishes is available from the Robert Wood Johnson Foundation at Aging with Dignity, P. O. Box 1661, Tallahassee, FL 32302-1661, www.agingwithdignity.org or 1-888-594-7437.

While this may sound rather impersonal, I have concluded that such advance planning is a gift we can give to those closest to us. Simply discussing this understandably emotional issue gives a sense of relief to all concerned. It helps your loved ones understand what you want to have done.

Beyond this I suggest creating an Ethical Will – moral and spiritual insights you would like to pass along to others. Think about your ethical last will and testament. How would you sum up a lifetime of learning? It is an intriguing idea - a living legacy of the intangible.



Here are some thoughts to prime the pump:

- Let what you are speak more loudly than what you say.
- Let your very being craft a silent sermon that needs no words.
- Maintain and cherish your integrity in the struggle to be good and do rightly.
- Let the inner and the outer person be as one - that your doing flows as a fountain from your being.
- Have faith that if the soul is pure the hands will do rightly.
- Risk being there for others and forgive yourself when you cannot.
- Let neither reward nor punishment, neither fear of hell nor lure of heaven, distract you from your earthly tasks. The good life is its own reward.
- Finally, so you will take neither yourself nor the awesome task of the good life too seriously, this advice: Always be a little kinder than necessary. . . and do unto others 20% better than you would have them do unto you, 20% to correct for subjective error.

I wish you well, my friends, in the impossible possibility of living the good life.

Shalom,

ChooseHealth!

The UUA Health Plan/Office of Church Staff Finances has recently started a new wellness blog, *ChooseHealth!*

Its goal is to help staff of UUA-related organizations, retirees, and their families become more aware of their own health and empowered to make healthy choices. The blog can be found at: <http://choosehealth.blogs.uua.org/>

The UUA Health Plan blog seeks to:

- highlight the most current news in wellness, nutrition and fitness;
- create a forum for UUA health plan (UUAHP) participants, other congregational staff, and Unitarian Universalists to engage in thoughtful health and wellness discussions; and
- share information with UUAHP members and congregations regarding plan improvements and news.

In order to create this forum for thoughtful health and wellness discussions, the UUA Health Plan is counting on feedback from those reading the blog — so, comment, comment, comment! The blog will be updated weekly, so sign up for email alerts and start talking!

Editor's Note: Thanks to Dick Gilbert for submitting this information.

Save paper, and get your newsletter faster and in full color!

To receive *Elderberries* by email contact your editor Chris Lilly Backus at chrisbackus@msn.com



Stay Comfortable

The UUA provides heating and cooling grants to retired ministers, partners and surviving partners. For assistance contact Joyce Stewart (617) 948-6421 or jstewart@uua.org, or Richard Nugent at (617) 948-6456 or rnugent@uua.org.

Joyce and Richard welcome your calls and e-mails with other questions or concerns.



UURMaPA Mission Statement

Acting in conformity with the purposes and principles of the Unitarian Universalist Association, the purposes of this organization shall be to serve the Unitarian Universalist movement, and to enhance the well-being of retired Unitarian Universalist ministers, their life partners and surviving life partners and to provide such programs and activities as may be feasible for their benefit.

UURMaPA includes 900 people in 600 households

Directory Online!

Our 2012 *UURMaPA Directory* is updated regularly on our website www.uurmapa.org

Password is in print edition of the newsletter or contact:

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andrewbackus@msn.com

Your Future Security is at Stake

Some years ago I supplemented our clergy income by working several tax seasons for H&R Block. One of my first-year clients was a very pleasant retired couple with a comfortable pension from a major corporation. He managed their finances and had arranged the withholding from his pension to cover their taxes and to provide a small refund.

When I computed their taxes the second year, they unexpectedly owed a substantial amount. We discovered that at some point during the year the husband had called the compensation office and cancelled the withholding on his pension. This was the first sign of his dementia. They reinstated the withholding and arranged a payment plan with the IRS, but playing catch-up was difficult.

When they returned the third year, the wife had become the spokesperson but was very uncomfortable in her unaccustomed role of handling their finances. The husband now had full-blown dementia and often threw away important mail before she ever saw it. She had been able to save only a few of the needed documents. I had to research and reconstruct their financial picture for the year. It was a sad, but not uncommon situation.

The moral of this tale is that it is essential that we not rely on one person to handle all finances. If you have a partner and one of you is uncomfortable with finances, both need to understand and agree on financial decisions and participate in all communications, especially when signing of papers that affect your finances. If you do not have a partner or your partner is incapacitated, enlist a trusted child, other relative, attorney, or accountant to participate in and, if necessary, to take control of all financial decisions.

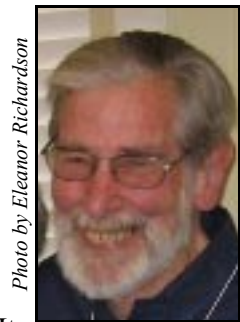
Your future security is at stake!

— Paul L'Herrou



Vic Carpenter Honored by Belmont Church

On Dec. 11, 2011, after the Christmas Music Sunday, the First Church in Belmont, Unitarian Universalist in Belmont, MA gave its own tribute to their minister emeritus, **Victor Carpenter** for receiving the Distinguished Service Award at the 2011 General Assembly. It



was a festive occasion with moving tributes given by former and present chairs of the church board and by parishioners. A short video recounted those moments at General Assembly. Victor responded with his usual delightful words about his ministry and his appreciation for the Belmont Congregation. He reminded all of us about the importance of congregations supporting the work of ministry and the importance of tributes, in turn, that ministers give to their faithful congregations.

—Doris Hunter

Raibles named Volunteers of the Year

Chris and Pat Raible were named Creemore's "Volunteers of the Year" for 2011. They were recognized for their support of Creemore (ON) heritage, notably for saving and rebuilding an old log cabin, slated to be bulldozed to make way for new houses. The relocation/rebuilding is almost complete – a grand opening took place at the end of October. Now only finishing touches and landscaping remain to be done.



Turning of Our Lives

Eleanor Richardson (Rockland, ME) reports, "We've had an easy winter here in Maine so far.

Janet Hawkes (Gorham) is delighted that her daughter attends a UU Church in Worcester, MA, where **Marcia Payson's** (Saco) son Aaron is minister. **Mary Adams** (Scarborough) spent Christmas in Kansas with her daughter, Andrea's, family. She and Herb had dedicated a "peace pole" in Norway, and Mary is working on one for South Paris. Thirty-five churches in Florida have them. (Google "peace poles"). **Iska Cole** (Brunswick) went to Puerto Rico, to celebrate her 80th birthday on the beach with her daughter Karen's family. She's joined a fitness club and is doing yoga. **Paula Moulton** (Kennebunk) had her whole family for two weeks over Christmas, and the dishwasher broke down! **Susan and Rolfe Gerhardt** (S. Thomaston) are tangled in drop cloths, as they have the downstairs repainted to spiff up their environment." Eleanor goes on to say the Richardsons had Christmas in Denver with Eleanor's son's family. **Peter Richardson** has prostate surgery slated for Feb. 9th, so they aren't going to Florida this year.

Liz McMaster (Albuquerque, NM) is recovering from breast cancer surgery. She is optimistic and buoyed up by the support of her daughters, Libby and Janet, and her innate "fighting Scottish spirit."

Farley Wheelwright (San Miguel de Allende), turned 95 on Dec. 5, just two days after losing his beloved wife, Virginia.
(See page 10.)



Margret Kolbjornsen (Peterborough, NH) is doing well and reports that **Karin Van Strien** had a mild heart attack but is now driving again. **David Van Strien** can communicate by typing into a small device which speaks for him, since he lost his voice during surgery more than three years ago. **Cory Richardson** is now in an Alzheimer's unit in Peterborough.

Marvin Evans (Bainbridge Island, WA) says that since his osteomyelitis reoccurred in August, requiring a fifth surgical procedure, he has less energy so has not ventured very far afield. He has been sorry to miss collegial meetings. Walking, even short distances, is difficult. So he is considering options, including an electric scooter. He still drives and is looking into getting a handicapped accessible vehicle, probably a converted van or SUV.

Alan Egly (Davenport, IA) is working with the Doris & Victor Day Foundation (dayfoundation.org), and is much involved with the renovation of the city block where he and his wife, **Patricia Egly**, have lived since 1979. Rather than move from their inner city location, the Eglys have purchased six houses on their street to get rid of drugs and gangs. Three homes are renovated and rented, one will be ready by spring, and the other two will be renovated in the future. They reroof, paint, put up window coverings, plant shrubs and flowers, and install security lights. The street appears to be a fully occupied middle class street. The considerable work and continuous attention have given good results and much personal satisfaction.

Ed Peara (Portland, OR) volunteers six days a week. He does many things, from mentoring persons who wish to do metaphysical healing work to removing English ivy from trees in a nearby park. His four sons are doing well and he had a great time with his oldest son on a trip to Turkey last Spring. They enjoyed time in NYC seeing museums. On Veterans Day Ed was one of the readers of the names of the 6,000 people killed in current wars.

Dick Norsworthy (Largo, FL) says he and his long-time friend, **Janice Kaszlauskas** have been enjoying each other's company for a year now. She's a retired paralegal and an expert knitter.



Turning of Our Lives

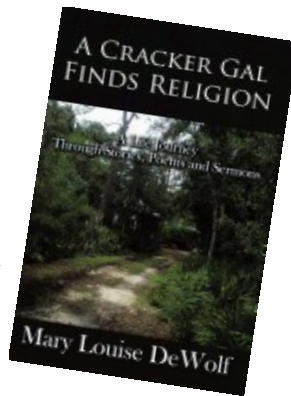
Rick Neff (Overland Park, KS) is making a remarkable recovery from major surgery he underwent in October to correct longstanding trouble with hernias and intestinal blockages. His son, Josh, says because Rick has COPD, surgery was tricky and progress has been slow. Rick still has a lot of healing to do, but his attitude is good and he's much better than he was. He enjoys phone calls.

Marie Brown (Kerrville, TX) writes that they are doing well. Her husband, **Dwight Brown**, is 84 and she is a healthy 77. He has been slowed down some by his diabetic neuropathy. But Marie notes that he still has his sense of humor, and likes to tell us all how the world *should* be but *isn't*. He still preaches now and again. She is active in their UU Church of The Hill Country, is Chair of the Forum Committee and Ministerial Relations Committee and is "generally useful."



*Ed. note: Marie urges us to have a conference in her region (near San Antonio). We have some enthusiasm for this idea. If you want to be part of a team to make this happen, please contact UURMaPA board member **Dick Fewkes** at dick_ellie@comcast.net.*

Mary Louise DeWolf (Crystal River, FL) has published *A Cracker Gal Finds Religion*. This book includes her poetry, selected sermons and an introduction on her background as a second generation Floridian and how she became a UU minister. She retired in 2010 and was named minister emerita by Nature Coast UUs in Citrus Springs. Her book, published by Authorhouse, can be bought there or from Amazon or other vendors.



Phillip Hewett (Vancouver, BC) cruised the western and northern islands of Scotland. He notes that Margaret Atwood was one of his 100 shipmates. The group visited remote places by Zodiac and had a day in St. Kilda, way out in the Atlantic, where often it's too rough to get ashore. He then went to Edinburgh, where he preached at the Unitarian church and went to the University library to spend time with Servetus's *Christianismi Restitutio* -- the copy from which Calvin tore out the first few pages to send to the Inquisition. Then he enjoyed time with family, which included exploring places in the Thames valley where Hewetts lived for generations, as far back as they can trace their family tree.

Pat Raible (Creemore, ON) continues to serve on the Clearview Library Board. In August, **Chris Raible** presented a lecture at the Toronto City Archives on the 150th anniversary of the death of William Lyon Mackenzie (the Scottish Canadian, who has for many years been the focus of Chris's historical research and writing). In September he spoke to a group of western New York historians on "Americans and Canadians Battling Across the Border," reflections on the War of 1812 and the Canadian Rebellions of 1837. Early this fall the Raibles traveled to Castine, ME, for a few days to enjoy the ocean and recall memories of the years they owned vacation property nearby. (See also p. 5)

Will Main (Bothell, WA), says, "I am still on fire after my trip to the World Humanist Congress in Oslo this last August. I have since met with the humanist group at the Quimper church in Port Townsend. I was at Starr King recently to visit with the Transylvanian Scholar, Botond Koppandi, who will preach at the Shoreline and Edmonds churches the last week in March. We will be having a meal — probably on March 28th — with ministers from Seattle and northward. Give me a ring at (816) 665-7813 if you are interested."



In Memoriam

Mary Evelyn Newhall Behee, 85, wife of the Rev. Wells Behee, died Dec. 13, 2011 in a traffic accident, near New Madison, OH. The crash also took the life of her husband of 62 years. A native of Lynn, MA, Mary graduated from Salem Teachers College, and received a certificate of religious education from St. Lawrence Theological School. She earned her teaching credentials from Miami University. She taught many years at Franklin Monroe Elementary School. She was a doll collector, an avid gardener and a supporter of the New Madison Friends of the Library. She was active in Universalist and UU churches in New Madison and Eldorado. Mary was beloved by an extended family. She was known for her caring nature and her sunny disposition. Their family says Wells and Mary were best friends who enjoyed traveling together.



The Rev. Wells E. Behee, 86, died Dec. 15, 2011 as a result of injuries sustained in a car accident on Dec. 13, which took the life of his wife. He was a native of Lynn, MA and a fifth generation Universalist. Wells earned his BA from St. Lawrence University and his M.Div. from St. Lawrence Theological School. A veteran of World War II, he saw action at Iwo Jima. He served UU churches in Woodstock, Eldorado and New Madison. He earned his M.Ed. at Miami University in Oxford, OH and went on to teach high school at Arcanum. He served as special education coordinator at Mansfield. He was a scoutmaster and coached his children in Olympic marathon canoeing. He enjoyed classical music, art, literature, genealogy and gardening. The Behees are survived by their five children: Kathy Becker, Karyl Parks, Kris Rantz, Emerson Behee, Karen Fageol, their spouses, six grandchildren, and five great-grandchildren. They were predeceased by their grandson, Aaron Dean Rawlings. The Behees donated their bodies to the Anatomical Gift Program at Wright-State University. Memorial services will be held at a future date.



The Rev. Robert L. (Rel) Davis, 75, died Nov. 1, 2011. A native of Gainesville, TX, he was the son of the first Baptist missionary to the Sioux. He graduated from Wayland University, Plainview, TX, and continued with graduate work at the University of Montana. He was ordained by the Unitarian Fellowship of South Florida and served as their minister for 30 years. Prior to that, he had served as assistant minister of the UU Church of Fort Lauderdale. Later in life he became interested in genealogy. He first published his father's memoirs of some 400 pages, inserting not only photos into the text but also newspaper articles and other material. In recent years he had collected records on his family going back to the 1600's. He also helped his wife, Edith Sloan, research her family and from this work they published two volumes of 750 pages. His latest hobby had been publishing books for family and friends. He used a POD publisher on the web via "Lulu." He put in long hours and got good results. At the time of Rel's death, he and Edith were planning to do further research on her family tree. He is survived by his wife, two daughters, a brother and a sister.

In Memoriam

Averill Virginia Fox Gay, 90, wife of the Rev. Richard R. Gay, died quietly Jan. 24, 2011, in Anchorage. A native of Cornwall, PA, she was a graduate of Ursinus College in Collegeville, PA. There she met and married Richard. She held teaching positions in PA and OH. Then the family relocated to Alaska, where her husband served as minister, professor and administrator at Alaska Methodist University. Wherever they lived, Averill played organ, directed choirs and taught piano. In Anchorage, she was organist and choir director at Turnagain Methodist Church, then co-organist at First Presbyterian Church for 17 years. Her beautiful smile and gracious personality made her many friends, and her husband of 67 years was her greatest fan. In addition to her husband, she is survived by daughters Judith, Patricia, Sherry, Jerilee and their husbands; her son, Richard III; and 15 grandchildren and 14 great-grandchildren. She was preceded in death by her parents and a brother.



Deborah Lantz Steiner, 103, widow of the Rev. Dr. Richard M. Steiner, died October 27, 2011 in Claremont, CA. She was born into a Quaker family in Pendleton, IN, and attended the George School. When she met and married Dick Steiner he was a Congregationalist who planned to teach religion. His plans changed when the First Unitarian Church Portland (OR) called him in 1934, where he served until 1966. Deborah was the consummate minister's wife in the "hat and gloves" era. She truly did labor in the vineyards of the church. Active in the Women's Alliance, the Fortnightly Club and the Greenleaf Club, she also volunteered for many organizations and was a past president of the City Club in Claremont. She was an avid and skilled gardener. Her husband said he owed much of his success to her commitment to their church and his ministry. When he died in 1975 the couple had been married 48 years. She is survived by her sons, Henry-York Steiner, of Spokane, WA and David Elliot Steiner, of Allenspark, CO; their spouses, five grandchildren and 12 great-grandchildren.



Edward William Ewers, Jr., 69, husband of the Rev. Margo J. Ewers, died Jan. 1 in Nashua NH after a long struggle with renal failure and cardiac issues related to diabetes. A native of Culver City, CA, he graduated from California State University, Fullerton. He served in the California National Guard. After the Ewers relocated to NH, Ed worked as chief financial officer at Harbor Homes in Nashua. This organization helps homeless and mentally ill people find housing and other services. He helped raise funds to expand the facility and he supported other staff. His friends and colleagues said Ed was an inspiration to them as he dealt with his own limitations and attendant pain while contributing so much. One of his great joys in life was taking driving trips to explore most of the U.S. He also served on the board of directors of Camp de Beneville Pines. He is survived by his wife, his mother, sister and brother and their families.



In Memoriam



Virginia Wheelwright, 91, wife of the Rev. Farley Wheelwright, December 3, 2011 at home in San Miguel de Allende, Mexico. Her first husband was a geophysicist. When he died suddenly, she moved their three young children from the Canary Islands to Europe and then back to the U.S., ending up in Cleveland. There she met and married Farley Wheelwright. They enjoyed four decades of a remarkable and productive partnership. At age 80 she helped to found Jóvenes Adelante, to encourage and pay for bright high school students to go on to universities. The program now has more than 90 students involved in some 30 universities all over Mexico. And 30 graduates now work in the fields of their choosing. Virginia's work has made a lasting difference in many lives. She will be long remembered for her inquisitive mind and sense of humor. Virginia is survived by her husband, Farley, her children Barbara Kafka, Delia Moon and Cindy Harnichar, and John and Tom Kafka, ten grandchildren, and nine great-grandchildren.

Donna McWain White, 80, wife of the Rev. Donovan White, died May 15, 2010 in Albany, NY. A native of Greensburg, PA, she was a graduate of Lakewood High School in Lakewood, Ohio. She also attended the Rochester School of Commerce, St Lawrence University and Kings College. Donna taught English in Erie, PA, and Montville, OH. She later worked as the assistant librarian for Mount Wachusett Community College in Gardner, MA. In 1949, she married Donovan E. White. In their 60 years together, Donna served as a minister's wife for 31 years. She was a great reader, seamstress and friend to all. She also was an accomplished oil painter. Donna was preceded in death by her parents, her son, Samuel D. White and her brother, James McWain.



The Rev. Donovan E. White, 83, passed away peacefully Dec. 30, 2011 at home in Gloversville, NY. He served his country proudly in the U.S. Air Force. He later re-enlisted and served as an Air Force chaplain in Biloxi, MS. He was a member of the Gloversville VFW. He was a graduate of the University of Delaware, the University of Rochester, Colgate-Rochester, and Western Reserve University in Cleveland. He taught college at Lake Erie-Ohio. Donovan served our churches in Erie, PA; Templeton, MA; and Ft. Plain, NY. After retiring from his ministry to the Ft. Plain Universalist congregation, he started Donovan's Upholstery, in Mayfield, NY. He was a disciplined man, loving new ideas and never hesitating to challenge himself and others. He was a great conversationalist and an avid reader, walker and swimmer. He enjoyed classical music and baking bread. He was predeceased by his beloved wife of 60 years, Donna McWain White; their son, Samuel White; and his brother, Harold W. White. Survivors include his daughter, Jennifer Millett, her husband Fred, seven grandchildren, two great-grandsons, a brother, Ernest D. White; a sister, Medora Venneman, and several nieces, nephews and cousins.

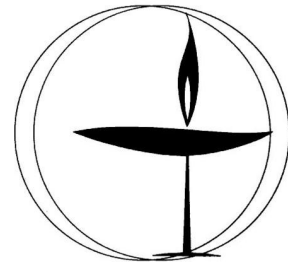
Thanks for Serving

The Nominating Committee is pleased to present the following slate of UURMaPA Board Members and Nominating Committee Members:

- Secretary — **Jan Sammons** (serving second two-year term)
- Treasurer — **Paul L’Herrou** (serving first two-year term in this position)
- Caring Network Chair — **Margi Nasmann** (serving first two-year term)
- Newsletter Editor — **Chuck Campbell** (serving first two-year term)
- Nominating Committee Member — **Chris Lilly Backus**
(serving first two-year term in this position)
- Nominating Committee Member — **Nancy Doughty** (serving second two-year term)

The bylaws read: “If only one person is nominated for each position the persons shall be declared elected.” This is the case for the list of nominees above. We thank them for their commitment to serve. And we thank these incumbents for their ongoing service to UURMaPA.

- President — **Dick Gilbert**
- Vice-President — **Jim Eller**
- Member-at-Large — **Anne Orfald**
- Member-at-Large — **Dick Fewkes**
- Nominating Committee Chair — **Ellen Brandenburg**



The Nominating Committee
Ellen Brandenburg (Chair), Ellen Johnson-Fay, Nancy Doughty

A woman came across an old friend in the grocery store. “I’m so sorry,” she said, “I can’t remember your name... could you please tell me what it is?”

The other shopper looked up and replied, “How soon do you need to know?”



Directory Updates

New and updated member contact information. For details, see online directory.

Need help? Contact Andy Backus (info on p. 2).

Bay Area Coastal

Jay Atkinson & Ariel Summerlin
Chris Schriener

Bay Area Inland

Carol Green
David Hubner

Central Midwest

John & Lois Hayward
Barbara Pescan & Ann Tyndall
John Robinson

Eastern Canada

Ray Drennan & Ann Vickers
Chris & Pat Raible

Eastern Carolinas (formerly TJ SE)

Susan Davison Archer
Lorraine Colpitts
Doak Mansfield

Florida Dick Norsworthy & Janice Kazlauskas

Heartland South Matthew & Anna McNaught

Joseph Priestley South

John Manwell
Fred Rutledge
Gerald Schatz & Barbara Conley

Mass Bay Coastal Bill Gardiner

Mass Bay Inland Karin Peterson

Metro NY-NJ

Paul & Barbara Ratzlaff
Jim Wentz

New Hampshire

Jeanne & Olav Nieuwejaar
Margo Ewers

New Mexico

Susan & Tom Videen
Edith Sloan

Northeast Bill Leggett

Ohio Meadville

Gene & Marylou Kreves

Overseas Gene Reeves

Pacific Northwest & Western Canada

Jane Boyajian
Richard Gay
Nan & Richard Geer
Timothy Haley & Melinda Glenn
Harry & Judy Hoehler
Elizabeth (Kit) Ketcham
Eric & Kathryn Ness
Doug Reisner
Katie Stein Sather
Jane Smith

Prairie Star & Midwestern Canada

Armida Alexander
Selma Brigham

Southwest Annie Foerster

Tennessee

Judith Meyer & David Denton

Vermont

Johanna Nichols
Marian Herreid

Getting Back into Circulation

by Dale Arnink

Despite my education and experience I found I was quite unprepared for the immediate aftermath of the death of my wife. And as a year and more passed I saw that after some years of caretaking I was left with an empty house and without a life of my own. To get busy, to get back into circulation with the congregation of which I was emeritus minister, and to address some of my shortcomings and experiences, I devised an “interest group.” It goes like this:

Getting Old & Grumpy Group

Dale Arnink
Leader of the Protests

Are you, at least somewhat, grumpy and cranky about aging? You must feel that way often for admission to this group! Those aging gracefully should go elsewhere. :-)

This group will be both practical and expressive. We'll listen carefully to expressions of frustration that come with growing less capable mentally and physically. And we'll have opportunity to express ourselves in turn. And we'll share some of the coping mechanisms we have used.

Practically there is a lot of “business” that should be taken care of as we age, as well. A will is only the obvious one. The group will inventory what should be done and provide the encouragement to get it all done.

Topics will include:

- What about becoming older surprised me, found me unprepared, and/or has been the most continuous challenge? How are things with your family?
- What are your basic thoughts and wishes regarding failing competencies, physical and mental? Do your family and friends know what they are?
- Building on the latter, make a living will and advanced health care directive
- “Your Life; Your Choices.” “Five Wishes.”
- Surviving the death of a loved one; the craziness caused by grief; who am I now anyway?
- A modern dilemma: hasten death or prolong life; a choice by others; a choice for yourself; hospice, Compassion and Choices; DNR; Vial of Life.
- Your “ethical will.” Your legacy as a Unitarian Universalist.
- A check list for Legal Stuff; wills, executors, estates, investments, etc. Papers and where are they?
- Your own death and memorial; write your obituary; advance work with the minister.

Universalist New England Heritage Tour Sept. 24-30, 2012

Visit areas rich with Universalist history and enjoy traveling with kindred spirits.

Contact Liz Strong for details
estrong110@comcast.net



Regional Gatherings

New Year's Toast

Our Metro NY-NJ group enjoyed a meal together with their guests from Rochester, NY, Jan. 13 at La Bonne Soupe in Manhattan. L-R: Vernon Nichols, Bob Hemstreet, Wendy Moscow, Khoren Arisian, Leigh McKay, Joyce & Dick Gilbert, Jim Wentz, Sue Nichols.



December Cheer

Our **Pacific Northwest** group enjoyed a soup and sandwich lunch at the Olympia Church (WA) on Dec. 7, 2011. L-R: Bill Arensmeyer, Art Vaeni (guest), Dick Henry, Chris & Andy Backus, Marcia Olsen, Duane Fickeisen & Judy Welles, Barbara Cheatham, Eric & Kathryn Ness, Pat Henry.



Our **Ballou Channing** group met for lunch Dec. 12, 2011 at the Waterfront Grille in New Bedford, MA. L-R.: Dick Fewkes, Liz & Fred Stevens, John Weston, Ron Marcy, Judith Downing, Paulette Loomis, Susan Weston

UURMaPA's Creative Sage-ing Award

UURMaPA's Annual Creative Sage-ing Award recognizes UURMaPA members for outstanding service and creativity in pursuing new ventures *after retirement*. This might include community service, mentoring and/or initiation of (or participation in) service projects. The Creative Sage-ing Award Committee (**Dick Fewkes**, **Judy Mannheim** and **Eleanor Richardson**) will be meeting soon to select a member of UURMaPA (minister, partner or surviving partner or couple) for our 2012 award. Our winners have been **Lex Crane** (2008), **Bill Murry** (2009), **Eleanor** and **Peter Richardson** (2010), and **Med Anderson** (2011). This year's winner will be announced at General Assembly in Phoenix. The honoree will receive a \$500 honorarium. Don't be shy. Let us know what you're up to or nominate another member.

Send nominations by **March 15, 2012** to:

Dick Fewkes
57 Sachem Dr.
Sagamore Beach, MA 02562
dick_ellie@comcast.net

Ed note: The UURMaPA Board will also be naming an "Unsung Hero" in 2012, and welcomes your input. Details in next newsletter.



Exercise for Older Adults

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato sack in each hand, extend your arms straight out from your sides. Hold them there as long as you can.

Try to reach a full minute, and then relax. Repeat five times.

Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato sacks.

Then after a couple more weeks, move up to 50-lb potato sacks.

When you have mastered this, try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight out for more than a full minute.

Once you feel confident at that level, try putting a *potato* in each sack.



Let's Get Together!

UURMaPA at ASHEVILLE, NC — Conference Mar. 28-30, 2012. Keynote program “**In Search of the Human Jesus**” by Dr. R. Earle Rabb, Associate Member of the Jesus Seminar and member of Brevard UU Church. Odyssey by Barbara Prairie. Meet at the Asheville Church, stay at the nearby Country Inn. Registrar is Makanah Morriss; contact her at revs2uu@aol.com or (434) 384-7821. See www.uurmapa.org for details.

(Gathering of UU Civil Rights Vets in Asheville Mar. 30-Apr. 1, contact Gordon Gibson at gjgibson@juno.com.)

UURMaPA at SEABECK, WA — Conference Apr. 24-26, 2012. Keynote program “**I'm ready to go anytime . . . but I would prefer it not be today**” with Nancy Doughty and Andy Backus. Our wish for everyone is as Martin Luther King said: “to love life and hold on loosely.” Join us at this beautiful conference center on Hood Canal as we share our thoughts on a mature spirituality for the last quarter of our lives. Registrar is Barbara Morgan; contact her at revbarbamorgan7@gmail.com or (206) 330-7358. See www.uurmapa.org for more information.

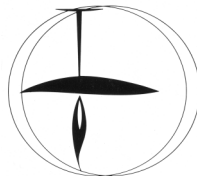
UURMaPA at STAR ISLAND, Isles of Shoals, Rye, NH — Informal Gathering during Labor Day Week. Watch for details here and online, organized by Kathleen Hunter and Alan Deale.

UURMaPA at ATTLEBORO, MA — Conference Oct. 2-4, 2012 at LaSalette Retreat Center. John & Susan Weston, conference chairs.

There are now more \$200 grants for each conference. Contact registrar about eligibility. Continuing education grants to attend conferences may also be available from the Rev. Jory Agate (jagate@uua.org), 25 Beacon St, Boston MA 02108 or call her at (617) 948-6453.

Attend any conference or gathering, regardless of where you live!

Address Service Requested



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