Happy New Year! We hope you enjoyed your holiday season, and wish you peace and prosperity for 2011.

Our last DES luncheon was held in the Student Center after a mass said for the repose of the souls of members and loved ones. The meal was delicious – a cheese appetizer, shepherd’s pie and an apple tart and ice cream for dessert. If you haven’t yet attended a luncheon, you should come. The food is delicious, you get to meet old and new friends, and the speakers are enlightening and entertaining!

Our guest speaker was Cherif Bassiouni who spoke on “Insights into Human Rights.” His institute brings justice and values to many countries. They were asked to study the 1992 war crimes by the then Chairman of the Security Council. The Institute rebuilt three law libraries in Iraq after the libraries were destroyed by the war and assisted in the reopening of 11 law schools. The Institute was even involved in drafting the Iraqi constitution. They also are working on building the capacity of local and indigenous organizations to report on human rights violations. Expanding women’s rights is also a goal of the Institute. This Institute follows the mission of the University and Vincentian values in performing these tasks. Dr. Bassiouni’s talk was very enlightening in that this organization and this university are so involved in preserving and furthering human rights, even so far as to be involved in the drafting of the Iraqi constitution.

It is getting easier and easier to find the DePaul Emeritus Society on the web. We are now accessible through three sites. If you create a Facebook account you can ask to join the DES. There is now a DES blog which can be accessed by visiting desretirees.blogspot.com. This site does not require a registration or membership. The third site is the DES web page which can be located by going to mission.depaul.edu, clicking on program, services and events, and then clicking on the DePaul Emeritus Society. We are just as far away as your computer. These three sites are a wealth of information for DES members, including pictures from luncheons, edited newsletters, benefits, oral histories, obituaries and general comments. Each site includes different information, so visit all three and enjoy! Newsline can also be found on the web now. Some of our members are even receiving all their DES communications via e-mail. Ah, technology!
DES members are eligible to join next year’s Heritage Tour to France to trace the life of St. Vincent DePaul by visiting the locations where he lived and worked. This is a very moving, interesting and educational tour, and also a very fun one. If you know nothing about St. Vincent or want to learn more, you should consider going on this tour. It will take place August 2-14, 2011.

Father John Richardson has returned to DePaul! The seminary in Kenya has been put on hiatus, so he has come back to assist Advancement team on “Many Dreams, One Mission” fundraising campaign. I’m sure you will be seeing him at various events held in the coming months. He has been affiliated with DePaul in leadership positions for more than 50 years, laying the foundation for much of the university’s success today. Because of his long history at DePaul and once he has completed his memoirs, he has kindly agreed to share his memories and be interviewed for the DES Oral History Project.

Speaking of the Oral History Project, Jack Leahy has lined up a number of DES members who will be interviewed as part of a communications class run by Dr. Amy Tyson. Exit interviews are also being planned for those who will be retiring. Al Erlebacher has agreed to continue working on this project with Jack.

A field trip to the DuSable Museum is tentatively being planned for the morning of the next luncheon in May. If you are interested in going on this excursion, please let Jack Leahy know by sending him an e-mail at jleahy@depaul.edu or by contacting Alice Farrell in the Office of Mission and Values at afarrell@depaul.edu or 312-362-8822. If you haven’t received your 2010-2011 directory, you can contact Alice.

Gretchen Osborne is the new HR benefits contact for retirees. She can be reached at gosborn1@depaul.edu or 312-362-8496. She will be happy to answer any questions you may have about the changes in health benefits for the coming year. You should all have received a letter from Delta Dental outlining their dental insurance plans. If you haven’t, please contact Gretchen.

SAVE THE DATE: Our next DES luncheon will take place on Friday, May 20, 2011. Circle this date on your calendar and plan for a good time! We have also scheduled next October’s luncheon, on Friday, October 21, 2011.

Thanks to you, our scholarship fund is growing and has now assisted two DePaul students who otherwise would not be able to complete their education. If you are looking for that tax deduction, please consider the DES scholarship fund. There are no administrative costs and the money goes directly to aid students. Please be as generous as you can in these strapped economic times.

Our newest member of the DES is Ken McHugh.
We lost four DES members in the past six months -- more than 130 years of combined university service. **Dominic Parisi** was the founding director of the School of Public Service, one of the first graduate programs of its kind in the country. He retired in 1990 after decades of teaching at DePaul and he passed away on August 21. He was raised in Angel Guardian Orphanage and attended DePaul Academy, dug tunnels for CTA trains, served in the Navy and received his doctorate from Northwestern. He started his teaching career at DePaul in 1962 and three years later became the chairperson of the department of management.

**Grace Peterson** served in DePaul’s Nursing Department from 1957 until her retirement in 1986. She passed away on October 2 at the age of 90, in Arizona. In addition to her service to the university, Grace was a retired colonel in the United States Nursing Corps and served actively in World War II. She was one of the first women to attain the rank of Colonel within the U.S. military. Grace was active in the Sigma Theta Tau International Honor Society of Nursing, and established the Grace Peterson Scholarship Fund at DePaul to provide scholarships for members of the DePaul chapter of Sigma Theta Tau. Last year, the Nursing Department renamed its annual student research colloquium in her honor, for her many contributions to the program and the profession.

**Gerry Lietz** taught for 40 years in the Physics Department. He was a leading member of the Illinois State Physics Project, an alliance of physics teachers who meet monthly to share teaching ideas. He received Distinguished Service awards from both the National and Chicago Section of the American Association of Physics Teachers. Even into retirement Gerry enjoyed working with other educators and sharing teaching strategies. Gerry died on November 26.

**Nancy Gall** served the university from 1970 until her retirement in 2000 from the Office of the Registrar. For many of those years she served as the University Registrar and a valuable member of the Enrollment Management senior team. She was one of those long-time DePaulians who made the university a very special place. Her smile and her positive attitude toward everyone were infectious. Nancy died on December 15. They will all be missed.

Our members may be retired, but they remain active and involved. **David Sims** has a radio program, Cabochon Jazz Radio, every Saturday on RADIO DEPAUL (www.radio.depaul.edu/). It runs from 10:00 a.m. until noon (Central Time) on the web and combines jazz, music from Africa and Brazil, classic pop and soul into a vibrant blend that is both soothing to your ears and stimulating to your senses. **Denny Shea** was present at Wrigley Field for the Stanley Cup celebration. He is also a proud first-time grandfather. Ask him what he’s prouder of!

**Brother Leo Ryan, C.S.V.** co-authored a presentation at the Warsaw East European Conference in Warsaw entitled “Privatization: A Twenty Year Retrospective.” The *Sarmatian Review* will also publish his co-authored article “Election 2010 – Political and Economic Implications” in their January 2011 issue. He is in residence as a Visiting Fellow, Tantur International Ecumenical Center for Theological Studies in Israel. He is
participating in a three month program in Interfaith and Intercultural Studies. The Center is a joint project of the Roman Catholic, Orthodox Jewish, Protestant and Muslim faiths. He will return to the U.S. in early December.

**M. Cherif Bassiouni** has written a new book, *The Institutionalization of Torture by the Bush Administration*. It details the way in which American governmental institutions bypassed international law in order to allow the creation of a policy that allowed torture. He paints a striking portrait of the abuses and violations of international law by Bush’s administration, the way these actions strike at the heart of the American tradition, and the actions that must be taken to save America’s collective conscience. **Fred Breitbeil** has been working with Otto Phanstiel at the University of Central Florida’s School of Medicine in collaborating on a drug screening project. Hopefully they can find an FDA approved drug that has the same molecular shape and activity against pancreatic cancer that a substance that is extracted from sea sponges does. He has been associated with Dr. Phanstiel, Head of Medicinal Chemistry, for the past 13 years and Fred now does all the molecular modeling for this research group. He finds the work quite satisfying. He asked to pass along his best wishes to the retired faculty from Chemistry. He said that they were wonderful colleagues and he hopes all are healthy and enjoying their retirement.

**DID YOU KNOW** that the 25 Year Club now has 323 members? Twenty new members were initiated at the last luncheon. It just goes to show that DePaul is indeed a good place to work and is indeed a family, albeit a much larger one now.

**AND DID YOU KNOW** that the secret to a long life may be more friends? People with strong social relationships were 50 percent more likely to live longer. So come to the luncheons and prolong your life!

Remember, a newsletter is only as good as its contributors. Information can be shared with me by snail mail: Nancy Rospenda, 196 Fairview, Elmhurst, IL, 60126, or by e-mail at nrospenda@depaul.edu.
The Self-Transformation Chronicles
David Edward Sims

Episode I: You Have to Die to Be Reborn

Introduction: Some time ago, DES Newsletter editor Nancy Rospenda asked me to write a story on my adventures as a current non-degree student in communications at DePaul. Although it is very difficult to write about evolutionary changes as they occur, I have found that writing in the form of a chronicle might make the task possible. Because the process is still, shall we say, in process, the series is open-ended.

May I take this opportunity to invite you to listen to my show on Radio DePaul? My show is called Cabochon Jazz Radio, broadcast live every Saturday from 10:00 a.m. to noon on Radio DePaul (www.radio.depaul.edu). The winter quarter season of my show begins on January 8, 2011.

Okay, let me start by saying this is not my first self-transformation. It is, however, probably the first for which I have returned (almost) to step one. For thirty years I was a behind-the-scenes kind of guy. But how do you step out from behind the velvet curtain? How do you make your face, your voice, your performance, your name, the one to remember? How do you become the product, the center of attention, the focal point, the star?

You work from without, and you work from within. You de-robe and re-robe. To put it simply, you die, and you are reborn. That’s step one.

We die many times in our lives. For example, I died when I left my parents' house and the old neighborhood, getting my first apartment. I died when I first became a manager. I died when I quit smoking (the guy left standing after THAT battle was certainly not the same guy who conscripted in the war). I could say I died when I retired, but actually, I died two years later.

Each time I die I become reborn. With my first apartment, I went from “Dave’s in his room” to "Is he the guy down the hall in 206?" As a manager, I left the carefree world of living only for my own actions (going home then meant leaving the job at work and really going home) to enter the world of group dynamics ("going home" as a euphemism for “I'm going to bring the office home because I can't sleep at my desk”); As a former smoker I became more rotund but clearer of complexion (a bigger, healthier guy, shall we say). But for the first two years as a retiree, I was just a retired guy. I was an art director in a world that no longer needed art directors — a behind-the-scenes guy with no scene to get behind. I needed to be reborn again.

Consultants would tell you at this point to go home and make lists of things you’d like to do. Long lists. Take personality tests. Identify mentors. Read self-help books. Spend money on diagnostics. Carry a journal. Search your soul.

My new identity came easier than that. I just thought, "Gee, it sure would be cool to be one of those guys on the radio."

Okay, now how do you do THAT?

Here's where DePaul came in. I had never been a performer before, of any kind. I wasn't used to people looking at me, listening to me. There were techniques to learn, practice sessions to put behind me, a process of self-transformation to undergo. I started at the best place to start: a DePaul evening public speaking class. Right in there with the 19-year olds. The guy in the chair by the window in the corner. The old guy.

I was awful. I mean awful. My hands shook, my feet rocked, I stuttered and stalled, and once my mouth dried out so badly I had to stop speaking altogether and end my presentation. But you know something? Everybody else was pretty much just as bad. Just younger. But I worked hard, and by the end of the class I was relatively "not bad." I took that as "not bad" enough to take the next step: a voiceover class in Loyola's summer adult education program. I had been eyeing it because I had heard the teacher was an actress who was good at making actors out of non-actors, at least up to a point.
I was nasal, I was sibilant, I was inconsistent, I was awful again (although this time I was awful on a higher standard). But I worked hard, and by the end of the class I was considered a bit of a discovery. A man with potential. A maybe.

I went back to DePaul. I signed up for performance of literature. The challenge got bigger. I had to do everything I had previously done, but now I had to memorize it, and do it on stage. And make it good. Work in a prop or two: an image projected on the screen. What are you going to wear? How do you want the lights? Set up your movements. Give it a title. Put stage directions in your manuscript. What’s the cue that the performance is over? Remember, you have between three and five minutes — no more, no less or you’ll get penalized. Who’s up next? Okay, everybody, quiet. David’s going to do his performance now. Whenever you’re ready, David.

I built performances from things I loved: a Polynesian creation myth, the poems of Countee Cullen. I memorized, I choreographed, I vocally projected, I had presence. I got out from behind the velvet curtain. The behind-the-scenes guy did his death scene, and expired. Right there in front of the whole class.

**Episode 1 Helpful Hint: Defeating Stage Fright** — The best way to challenge stage fright is to use the “direct address method.” Say to yourself, “What are you getting nervous about? You wanted this, didn’t you? So get up there and give them what you’ve been working on all this time. You know what the alternative is, don’t you? You sit there in the audience, remember? Now get up there and quit complaining.”

The only time stage fright is justified is if you haven’t properly prepared to do what you’re supposed to do. Improvise if you can, and don’t let it happen again.

**Coming in Episode 2: At the Microphone for the First Time.**

Editor’s Note: I look forward to the next installment!
DES Fall Luncheon
October 29, 2010

Tony Behof and Jack Lane

Curt Verschoor, Tom Stinchcomb, Don Van Ostenburg, and Joan Garrison

Denny Shea and Judy Gaskell, visiting from Washington D.C.

Nancy Rospenda and Virginia Martin

Jeanne LaDuke and Kris Garrigan

Irwin Peters with Phil and Pat Kemp