It’s summer, and newsletter time again! The last DES luncheon was a rousing success, from the weather to the visit to the DuSable Museum to Fr. Richardson's talk to the meal itself. Harvette Grey and Jack Leahy organized a tour to the DuSable Museum in Hyde Park the morning of the luncheon. Twenty members rode the private trolley there and were greeted by Evelyn, a docent at the museum, who provided a private tour for our group. There was much to see and everyone felt a private return trip to the museum would be in order.

After a delicious Hawaiian-themed lunch in Cortelyou Commons, attendees were delighted to hear Fr. Richardson share some of his insights and remembrances of his years at DePaul. He noted DePaul's history is often spoken of in the context of building acquisitions, student head count, academic offerings, etc., but the true history of DePaul is in its people and their insights, risk-taking and commitment to the institution. I’m sure the retirees agree with Fr. Richardson’s view of history, especially commitment to the students. He has titled his recently completed memoirs *The Playful Hand of God* and it has recently been sent to the printer. In addition, he recounted how much he loved the experiences he had while in Kenya, being re-energized by the opportunity to teach young men. After returning to DePaul, he is now assisting with the Capital Campaign and is looking forward to the possibility of teaching in the fall. He is an amazing man with unbounded energy and devotion to DePaul. Those in attendance enjoyed hearing him so positive and full of life.

Denny Shea introduced Brad Helgeland, a graduating senior in the College of Computing and Digital Media (CDM) as the current recipient of the DES Scholarship. Brad thanked the society members for making it possible for him to finish his last quarter at DePaul. He said he wasn’t sure where the money was going to come from and for a time thought he would not be able to complete his education this year. He greatly appreciated receiving this scholarship – it truly was a gift.

Denny informed the members that over $14,000 was raised so far this year for the DES Scholarship Program. Since the fund is now an endowed scholarship with over $50,000 in it, the DES leadership committee voted to award the interest on the fund and half of what is donated each year. Multiple small scholarships were considered and approved. A minimum scholarship of $2000 was also suggested. A final giving report for FY2011 will be made available after the close of the fiscal year. This is just another indication of the commitment to DePaul that Fr.
Richardson referred to in his talk. And it shows that this commitment carries over to the retirement years. Good job, members!

Another presenter at the luncheon was Lisa, a representative from Blue Cross/Blue Shield, who explained DePaul’s pharmacy program currently in place. Some of you may have noticed an increase in the cost of drugs. She stated that effective January 1, 2011, the cost of purchasing pharmaceuticals are:

- Retain: 30% coinsurance, $10 minimum - $75 maximum (34 days supply)
- Mail Order: 30% coinsurance, $20 minimum - $150 maximum (90 days supply)
- Specialty Drugs: 30% coinsurance, $10 minimum - $75 max (30 day supply)

Lisa noted that using generic drugs may significantly lower out-of-pocket costs for drugs. If you are taking a brand drug, consider asking your doctor if a generic drug is an option for you. There are two types of generics. A generic equivalent is made with the same active ingredients at the same dose as the name brand and you can expect the same results. A generic alternative is often used to treat the same condition, but has different active ingredients from the brand drug or its generic equivalent, so overall results may vary. She added that some generic equivalents that will be available in the coming years include Lipitor, Nexium, and Plavix.

Lisa shared information on Triessent, Prime’s Specialty Pharmacy program, which provides education and guidance from experienced professionals on managing conditions such as multiple sclerosis, hemophilia, hepatitis C and rheumatoid arthritis. She encouraged retirees to make use of BlueAccess for Members at www.bcbsil.com. The site includes information on Formulary, Rx OTC lists, and dispensing limits. Lisa also directed members to the Prime website at www.myprime.com where retirees could use a pricing calculator, search for generics, register for mail order, refill mail order scripts, or find a pharmacy. Rosa Perez, DePaul AVP for Benefits, told the retirees if they had further questions not to hesitate to contact Human Resources at DePaul. Attendees were very appreciative of the information received concerning this program.

Gretchen Osborne has been added as a friend of DES on Facebook. This will give her access to any issues or concerns regarding benefits posted by retirees on Facebook. This will also allow her to take the lead in responding to DES members on what they may be able to do about these issues, bring the issues to the DES benefits committee, and make suggestions how to deal with these matters. In fact, she may even ask for approval of the benefits committee and advisory board to post how these issues are being addressed by HR.

SAVE THE DATE: Our next DES luncheon will be held on Friday, October 21, 2011. Please put it on your calendar now and plan on attending. A memorial mass will be said before the luncheon. For those who are interested, a visit to the new DePaul Art Museum will take place after the luncheon. And if you’re REALLY into planning, our next spring luncheon will be held on Friday, May 18, 2012.

The Human Resources Fall Health Faire will take place on October 11 and 12. Further information will be forthcoming, but you can save those dates now. Also, new ID cards are available in the ID Card office. It takes only a few minutes to get a spiffy new card with a spiffy new picture of yourself. Check it out.
A number of retirees have passed away since our last newsletter. **John Burr** passed away on March 22 in Gilbert, AZ at the age of 76. He taught in the School of Education from 1980 until he retired in 1999. During his time at DePaul he also worked for the American Medical Association. He is survived by his wife, two sisters, 14 children and 9 step-children. **Father Edmund Fitzpatrick** left us on January 5 after a long illness. He was a priest of the Archdiocese of Chicago and retired from the Department of Religious Studies. He was one of the last remaining founders of that department. **Irwin Lazarus** passed away in April of this year. He was Professor Emeritus in the College if Commerce. Memorials in his name should be directed to the Special Gifts Theater in Northbrook or the Cradle Society in Evanston. This May, **Hank Rodkin** died suddenly at the age of 75. He was an Executive-in-Residence for many years in the Department of Marketing in the College of Commerce. Memorial contributions may be made in his name to the Juvenile Diabetes Research Foundation. **Bella Itkin-Konrath** left us on February 9. She was Professor Emeritus at the Theatre School where she taught for 47 years and directed over 200 productions. Fr. Holtschneider presided at the Mass and Msgr. Kenneth Velo of the Office of Catholic Collaboration delivered the homily. Bella is a legend in the halls of the Theatre School where she helped to foster the careers of innumerable actors, directors, and theatre artists. The DES blog ([DESretirees.blogspot.com](http://DESretirees.blogspot.com)) contains further information on our retirees who have passed away, as well as comments made by those who remember them fondly.

Speaking of the DES blog, you can receive notification of blog postings by going to the blog and entering your e-mail in the space provided. This way you will know whenever something is added to the blog. The blog is also a good place to view pictures of recent retiree events. It also contains an *In Memoriam* page. You don’t have to register to view the blog. Just go to **DESretirees.blogspot.com** and check it out.

The DES now has 29 members on its Facebook site. It’s easy and fast to register on Facebook. Just go to **facebook.com** and fill in the few blanks. With checking out the blog and being a friend on Facebook, you won’t miss a thing!

The new DES Website is also up and running. It contains all the old newsletters, minutes of meetings, and info on benefits and resources. It can be found at **mission.depaul.edu/PROGRAMS/DES**. Between Facebook, the blog and the website, you’ll know more than Fr. Holtschneider about the workings of the university! 😊

Six new members were added to the DES since January. They are **Mary Sethness Conley** (Commerce, Staff), **Therese Spoden** (SNL, Staff), **Jim Janossy** (Info Services, Staff), **David Krell** (Philosophy, Faculty), **S. Paul Naselli** (Public Safety, Staff), and **Mary Miritello** (English, Staff). David Krell has retired to Germany. Welcome to the DePaul Emeritus Society!

Remember, this editor can be contacted at **mrospend@depaul.edu** or at 196 Fairview, Elmhurst, IL 60126. A newsletter is only as good as its contributors!

*A final thought: Don’t count the day. Make the days count.*
The Self-Transformation Chronicles
David Edward Sims

Episode 2: At the Microphone for the First Time

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).

Without getting technical, we basically encounter two types of microphones: those that amplify your voice, like for a public address system, and those that channel your voice into some kind of application, like recording or radio transmission. Most of us encounter the former first, and I was no exception. It’s probably just as well, because it is through the experience of hearing ourselves that we may be inspired to explore further.

Even though this is Episode 2, it is really a prequel (as they say in Hollywood) of Episode 1. This is how EVERYTHING began for me. It started, fortuitously, in church. I had been serving at the 8:00 service in the chapel of the church I attended about three years ago. One morning, one of my fellow acolytes came up to me and asked if I could read the Prayers of the People. “Sure!” I said, always eager to please. Not that I had ever done anything of the kind before. What had I gotten myself into? I knew how it was supposed to be done, but did that mean I could do it? As I waited for my big moment, my palms began to sweat. I was more afraid of my voice cracking than anything else. Would they hear my fear? The moment came. I opened my mouth, and the sound came out. Luckily, the reading was short enough that it was over before the fear actualized. All that was left was a strange sense of accomplishment, and a surprising desire to do it again.

Fast forward to not too much later. I had read Scripture passages just about every week at the chapel service, and had moved up to the big church, and the 11:00 service. That particular church is basically a big rectangular box, not particularly acoustically developed, although I didn’t realize that yet. For that reason, what the church needed that the chapel didn’t was a microphone. I stepped up to the lectern, and waited the few seconds for the singing to stop. The moment was all mine now. I opened my mouth, and the sound came out.

I had learned from my non-amplified “performances” in the chapel that you have to pace your speech. Not too fast, be as regular in the rhythm of your speech as you can. I thought about then-presidential candidate Barack Obama. That’s how he does it: slow down, and break everything into little, easy-to-digest phrases. If it worked for him, it should work for me.

Let’s get back to the microphone. What I DIDN’T expect when I began to speak was that a big wave of sound, my OWN sound, would kind of bounce off that back wall way down there and wash over me as I was trying to get the next line out. HMMMM! That’s an interesting development! I quickly decided to “play tennis” with the back wall. I’d get the next line out just as the old one was bouncing back. I suddenly realized I wasn’t up there alone anymore. My friend, my partner, the microphone was up there with me, and this was as much his performance as mine. I knew right then and there that I had better cooperate, or the loser in this partnership would be me.

I had one other realization up there. I had this feeling that my new friend, well, kind of liked me. My voice sounded surprisingly good, with an individual character — an individual sound. I can’t say the microphone liked EVERYTHING about my voice, but he certainly liked parts of it, and they were the same parts I did: the resonant, deep aspects, the richer parts. The microphone had discriminating tastes. Interesting.

A Tangential Story: Back in that Golden Age of Motown time of 1964, the ladies known as the Marvelettes were an angry lot. They were presented with a song to record that they hated. Absolutely refused to do it. Absolutely no way! But the instrumental track was already recorded, just for them! Just for the Marvelettes! What to do? Enter Barry Gordy, who never met a penny he didn’t want to pinch. “Hey, we recorded the instrumental track, we can’t let it let it go to waste!” (By the way, in case you haven’t guessed, I’m paraphrasing all the quotations in this story.) “Get those girls in here. Those Supremes! Those ‘No-Hit Supremes!’ That was what they were called in those early days. They had kicked around the studio, but nothing was clicking. Everybody else had hits. When were THEY going to prove their worth around here?

Now Diana Ross had just recently stepped into the lead spot, but although her voice certainly was unique, she was high and nasal, and probably a little too eager. This might even have been when her name was still Diane. “You’re going to have to do it, but it’s in the Marvelettes’ key — a lot lower than yours,” they told her. “You’re going to have to pitch your voice low. Give it your best shot.” The moment was all Diana’s now. She opened her mouth, and the sound came out.
As she sang, the eyes of the people in the studio grew wide as they looked at each other in surprise and gratification. Who would have known that high-voiced, nasal Diana had that rich, deep, sexy voice inside of her? I have a feeling that’s when Miss Ross realized that the microphone was her newest, and ultimately, most important admirer.

Oh, and the name of the song? It was called “Where Did Our Love Go.”

Episode 2 Helpful Hint: Speaking at a Microphone — I can’t help but notice how many people speak at a microphone looking down at their text. It is very important not to bend your neck down when you speak. Your throat should be straight and open, not bent and closed. Place your text as high as you can and point your face upwards to the best of your ability. Don’t be afraid of your own voice. Let it ring out.

Coming in Episode 3: I’m Turning On the Microphone Now; Who Inside Me Is Going to Talk?
DES SPRING LUNCHEON
May 20, 2011

Peter Pereira and Marjorie Piechowski
Alice Kopan and Nancy Williams
Virginia Martin and Harvette Grey

Tom Murphy and Tony Behof
Cheers, Bob Acker!
Jim Seri with guests Florence Bresnahan and John Pineda

Kay Dabrowski, Joan Meister, Joan Lane and Gerry Timm “going green.”
George and Rita Flynn and Jack Leahy enjoy their trolley ride to the DuSable Museum.