

Senior Actives Newsletter

IAIE



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Senior Actives Committee:

Diane Recupero
Chair

Sue Bowen
Newsletter Editor

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Jack Schmidt, a "Long Marcher" of IAIE Continues to Serve the Alliance as the Executive Director

Dr. John J. (Jack) Schmidt was named Executive Director of IAIE in August 2006, but by no means is he a newcomer to Invitational Education. Jack was a doctoral student at UNC-Greensboro in the mid-1970's and Dr. William Purkey was on his committee. Their student-professor relationship began a 30-year friendship, during which Drs. Purkey and Schmidt co-authored several articles and books and presented many workshops on invitational theory and practice.

In 1982, Jack was at Lehigh University for the Invitational Education Conference, and became one of the 4 founding members of the Alliance. After, he began the first Alliance newsletter and was editor for three years. Jack also founded and was inaugural editor of the *Journal of Invitational Theory and Practice* for its first three years.

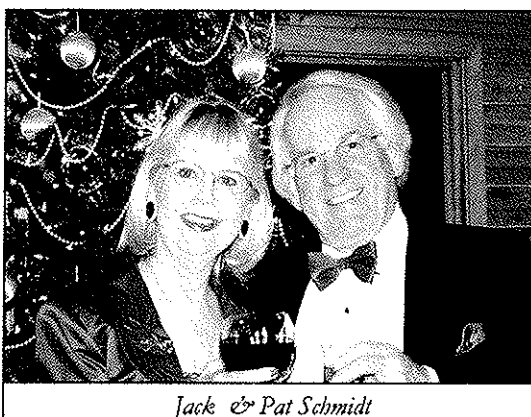
During the early years of the Alliance, Dr. Schmidt was a significant contributor to the development of invitational theory. He presented workshops and gave keynote addresses across North Carolina and other states, and was a prolific writer. The books he has written using invitational theory and practice include, *Invitation to Friendship, Making and Keeping Friends, Living Intentionally & Making Life Happen,*

and with Dr. William Purkey, *Invitational Learning for Counseling and Development, The Inviting Relationship, and Invitational Counseling.* Among his theoretical contributions has been his work on intentionality and the importance of that construct in understanding and applying inviting processes.

Dr. Schmidt's career spans

dozen books. Jack continues to serve as a counselor educator for other institutions. In 2007 and this year, he was a visiting professor at Wake Forest University and an adjunct instructor for Capella University.

Jack and Pat, his wife of 40 years, now live in the mountains of North Carolina and



Jack & Pat Schmidt

nearly 40 years in education as a teacher, counselor, and counselor educator. From 1989 through 2006, he was the department chair and professor of counselor education at Eastern Carolina University, and since his retirement, he has held the position of *professor emeritus* at that institution. While at ECU, Dr. Schmidt received recognition as a *Teacher-Scholar* from the Vice-chancellor's Office for Academic Affairs and in 1999 the College of Education named him a Distinguished Professor. During his years in academia, he wrote over 50 articles, manuals, and book chapters, and published more than a

dozen books. Jack continues to serve as a counselor educator for other institutions. In 2007 and this year, he was a visiting professor at Wake Forest University and an adjunct instructor for Capella University. Jack and Pat, his wife of 40 years, now live in the mountains of North Carolina and enjoy the serenity of the Blue Ridge Parkway. They have been renovating a new home at Olde Beau Golf Club, where Jack plays golf "poorly" and occasionally strums his guitar for relaxation (Jack remembers that live music performed by Alliance members was always a highlight of the early conferences). He also enjoys carpentry and landscaping projects while Pat uses her interior design background to help with renovation projects. She also enjoys cooking, sewing, photography, and painting. Jack and Pat have one daughter, Dawn, who as a young girl, attended a few Alliance conferences in Cullowhee, NC, and taught school for five years before having her own family. She has a master's degree in school administration from UVA, and lives in Pennsylvania with her husband, Eric, and three children—Evelyn, Erica, and Aidan. A fourth grandchild is due in August!

Educating with Humanity, Humility and Humor

September 18—20, 2008

Lisle Hyatt Hotel (Chicago Metro Area)

Featured Senior Active Speakers include:

Betty Siegel
Toody Byrd

William Purkey
Harvey Smith

Senior Actives Meeting—IAIE World Conference

Thursday, September 18, 2008 1:45pm–2:45pm
Lisle Hyatt Hotel

Charlotte Reed, 2008 Conference Director, has invited all special interest groups of the Alliance to hold their annual meetings on Thursday, September 18th from 1:45—2:45 pm.

Senior Actives of the Alliance are in-

vited to join with Diane Recupero, Senior Actives Chairperson, Sue Bowen, outgoing newsletter editor, and Eddie Collins, incoming newsletter editor. We plan to share success stories of Senior Actives contributions to the Alliance

and establish the goals of the Senior Actives for the September 2008-September 2010 term.

Your voice as a Senior Active needs to be heard. Plan to attend this important meeting.

Invitations from the Senior Actives Committee Chair

By Diane Recupero

As Senior Active members interested in continuing our leadership roles in the IAIE, we are realizing that the ventures to achieve that goal are countless. It is our hope as Senior Actives that we can network, as a group, to support our continued missions, share personal stories and accomplishments in this new phase of our lives; while brainstorming ways to pass on to the next generation of dedicated educators the knowledge, talents, and expertise that we have obtained during our many years of service.

The Senior Active newsletter will serve us well as a vehicle to keep us connected and focused on our goal to continue to serve IAIE in some way. I am sure many of you were like me who wondered what life would be like away from the career you had known for so long. I knew my world would be very different but had not expected to step into a new Position so rewarding. The invitations

to continue your work are certainly out there. I encourage you to embrace them. It certainly worked for me as I just completed one of my most rewarding school years as a counselor for military children whose parents are deployed to Iraq and Afghanistan. I am fortunate to be in a school that is open to the IAIE philosophy and I continue to share our message at monthly meetings, workshops, and with committees who are working on school improvement.

I encourage you to let us know how you are continuing to serve this worthy organization. Please contact me at abaydi@aol.com with your stories, comments, and ideas.

Don't miss the Senior Active meeting at the World Conference in Chicago. Check at the IAIE registration desk for the exact location. I look forward to hearing from you and meeting with you.

A few thoughts to pass on:

"You can't have a better tomorrow if you are thinking about yesterday all the time."

Charles F. Kettering

"The best way to predict the future is to create it."

Unknown

"Always, always, always, live your dreams."

Jim Donovan

A Bit of Wit...

You need only two tools in life—WD 40 and duct tape. If it doesn't move and should, use the WD 40. If it shouldn't move and does, use the duct tape.

*Contributed by
William Purkey*

Rebecca Wolfe – Senior Activist



Although my “Real Age” test (www.RealAge.com) tells me that I’m 53, the calendar tells me that I’ve hit that “third age” referred to in the U.S. as a “Senior Citizen.” The French would call me “une femme d’une *certain* age.” Whatever the label, I have found myself busier than ever before in my life. Why is this?

When I was teaching (High School English & French; serving as Founder and Director of The Language School of Spokane in Spokane, WA; English as a Foreign Language in Istanbul, Turkey; and then as an ELS teacher and program director in an elementary school with 25% Mexican immigrants) and raising children, I had to be at a certain place at a certain time every day.

Now that I teach as an adjunct faculty member for Western Washington University in the School of Education (very busy every spring, but unemployed during summer, fall, and winter quarters), I find myself immersed in the work of several highly inviting organizations.

In our work to stem global warming, our Cascade Chapter of the Sierra Club works in many ways through committees dealing with issues related to our #1 crisis, the rapid overheating of the planet. In my position as Chair of the Conservation Committee for my group—the Snohomish Group—I am currently promoting simple actions that save many tons of CO₂. One example is promoting the use of clotheslines instead of dryers that use a high percentage of household energy.

Another effort relates to the cleanup of Puget Sound into which about 14 watersheds drain. A group in which I serve is working with Gov. Gregoire and Washington’s “Cool State” Program to restore and protect four major watersheds that flow from the North Cascades Mountain Range where I live down to the Puget Sound Basin. Currently I am developing a Power Point presentation that we will use to build grassroots support for our efforts. Ultimately this gets down to political action—legislation on the federal level since these are National Forest lands that are not yet protected by the Wilderness Act of 1964. I am thrilled to report that we were successful this summer (2008) in adding 160,000 new acres of wilderness in the region after a ten-year effort on the “Wild Sky” bill.

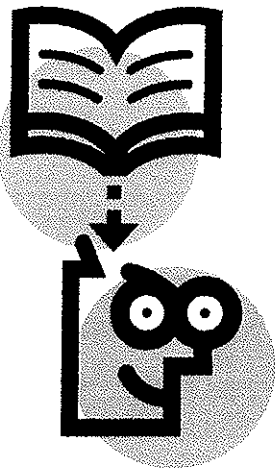
What do these activities have to do with Invitational Education? After promoting IE for many years through my work with teaching interns and their cooperating teachers through presentations at conferences (foreign language teaching, conferences on society and humanism, and others), I am now trying to bring the principles into my work for the environment and good government. In supporting efforts to connect children with nature (“No Child Left Inside” program of the Sierra Club, involvement in environmental education with K-12 pre-service and in-service teachers, and as a presenter at political and other programs), I use IE in everything that I do because it is who I am. Even the PowerPoint program that I’m working on will reflect the

principles of IE. It will have lots of photos of incredibly magnificent mountains, streams, wildlife, plant life, and people enjoying all of these. It will have music to accompany parts of the program. And our message itself will be invitational: Join us as we try to (quite literally) “save the world.” We will include many ways that people can get involved if they want to help.

In addition to the work with Sierra Club, I’m serving on the Board of Directors of the United Nations Association of Seattle, working with others to help keep the U.S. out of another war in the Middle East...this time in Iran. We support the U.N. “Millennium Goals” (<http://www.un.org/millenniumgoals/>) and hope everyone will join in this vitally important project. Our advocacy group on Iran recently sponsored a ten-day filmmaking trip by Rick Steves to film the culture, history, and people of Iran. Watch of a PBS Special (one-hour) on Rick’s Iran trip in January 2009.

Finally, as a co-founder (1993) of the Greater Seattle Chapter of the Alliance for Democracy: education, a free press, equal rights including voting rights, and support for the U.S. Constitution and the balance of powers necessary to make democracy possible.

With all of these challenges, there’s much more to do than I can do alone. That is why I am so grateful to IAIE for providing the principles and practices that enable me to work with others in all of these activities.



**Invitational
Education —
Pass it on!**

Over the hill? Where? When? I Don't Remember Any Hill...

A Revised Look at Retirement in the 21st Century

by Lane Anderson, M.A.T., Ed.D.

It all begins when you get your first notice for a membership and subscription to AARP's magazine. Life is good, but hair has thinned and the middle continues to expand. The word "senior" no longer has the prestigious connotation it did in high school or college.

Life is unique and different for everyone: So, too, is retirement. The following are some generic criteria illustrated by my own experience with regard to your own retirement goals and dreams.

Definition

I believe retirement is living deliberately on a self-determined schedule or plan. Sometimes the plan is that there is no agenda, plan or schedule. This is a kind of "free wheeling" or disengagement from phones, faxes, computers, work times, and the expected obligations from others. Mark Twain once noted that work is anything we are obliged to do. In essence, retirement is more of a mental attitude toward later life rather than a function of age. All of us will continue to get older, but we don't have to get old! Just ask the emerging "baby boomers" who are retiring in increasing numbers during their mid-to late 50's.

Psychological

One way to stay mentally active in retirement outside the home (in addition to gardening, golf, reading, and minding grandchildren) is to develop a skill or part-time business that you would do even if you weren't paid! Then make it more a

full time once you retire from your primary job. In my case, I completed post-doctoral work in human development and family studies toward national clinical certification and opened my own private practice about 12 years before retirement. I had to limit my practice to two evenings a week plus weekends. This schedule enabled me to develop a sizable clientele which I could see during the day after retirement.

I also do private consulting for school districts. My experience in running Title 1 schools with reputations for high academic achievement and few discipline problems created a demand which I could only meet through weekend staff development retreats while I was working. Now that I am retired, I can be much more flexible in working with schools throughout the state.

My goal is to work under 30 hours a week. I always schedule time each week to be a lunch buddy/tutor for an at-risk child at South Mebane Elementary School. I also serve on several boards. In essence, you need to have a reason to get out of bed each morning with a desire to be of service to others.

Health

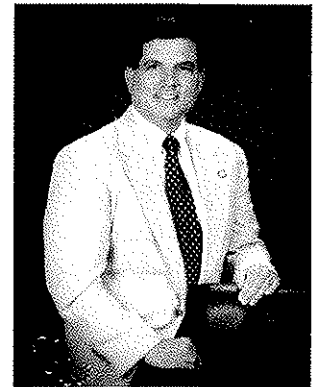
Too many Americans spend a lifetime making money and then live their retirement years spending this money on their health problems. Other than uncontrollable diseases, most of our illnesses are generated by unhealthy habits and lifestyles of almost non-stop

stress. Everyone has long been made aware of the need for a healthy diet and proper amounts of exercise and sleep, but only a small percentage act on this information. In later age, your health is your wealth. Without reasonably good physical and mental health, authentic happiness, peace and contentment are almost impossible. Start now the only weight loss plan that has worked since civilization began: Eat less and exercise more. With the advice of your doctor, make time for 30-40 minutes of sustained aerobic exercise per day to increase heart rate, strengthen muscle and improve the flow of oxygen to the blood.

The great additional benefit to physical exercise is increased mental well being. Exercise and appropriate physical activity are the greatest natural antidepressants known to humankind and existed 10,000 years before pharmaceutical companies promised to cure everything with a pill. Remember that your attitude is your altitude in life!

Love

One more criteria that is essential for life at any stage of development is to love and to be loved unconditionally by at least one significant other in any committed relationship. In most organized religions, this means always putting God first through prayer, worship and living by the scriptures that illustrate His unconditional love for all of us. In approximating God's perfect love,



Dr. Lane Anderson

have one or more significant others on earth to truly love and be loved by is essential to authentic inner contentment and peace within our hearts.

Fame, wealth, looks, social status and possessions are all transient and do not bring fulfillment in and of themselves. I am blessed with wonderful significant others who continue to love me despite all my "warts". This can truly be the final but best chapter of your life. If you decide today what meaningful life statement you would want imprinted on your tombstone, would it be "Gee, I could've spent more time at work" or would it be "No regrets"?

For more information on retirement, I recommend Retire Smart, Retire Happy: Finding Your True Path in Life by Nancy D. Schlossberg, Ed.D.