

WHEN I'M 64

BY: FRED OBERKIRCHER

Once, and only once, through a magical and mysterious process still not fully understood, I reached the age of 64. David Byrne, of the Talking Heads, expressed it best in his musical lyric: "How did I get here?" For many, that age was, and still is, significant because of the Beatles and their song "When I'm 64". At the time of the song's release, neither the Beatles nor I, nor an entire generation, having found themselves totally lost in the 60s had the faintest idea that we might actually advance to such an age. Personally, I was concerned that senility was about to set in at age 30. 64 was nothing more than a song line. Heck, even my parents who were beyond "old" were younger than that!

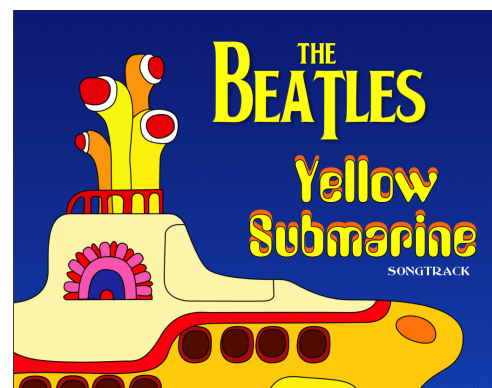
The song "When I'm 64" was also significant as being part of another cultural phenomena of the 60s through the cartoon movie "The Yellow Submarine." It is still possible that the visual images shown in the movie including numbers counting from one to sixty-four in psychedelic colors and patterns were a stronger influence than the actual song. That movie was, and remains for me, a cultural touch stone. Happily, meeting little resistance from a loving wife, I was able to indoctrinate both of our daughters into that culture at an early and lasting age with the confirmation that eldest daughter Alex spearheaded the idea of celebrating my 64th birthday by having a Yellow

Submarine party. She had a large Yellow Submarine banner made and sent out themed invitations with a note that everyone should come with some reference to the Yellow Submarine. It was a great party with lasting memories.

When we're lucky, time moves on, and, in my case it did through retirement and a move to Tennessee. Alex grew up, married, and had two lovely boys. Tori graduated, moved out of the house and began her own search for an independent future which included marriage.

But, throughout all these events, apparently some special memories lingered, and one day Tori called and inquired about my upcoming birthday. Would I, she asked, be interested in a present with some assembly required? That's Tori's style....just a vague question dropped like a small ticking bomb. Hummmmmmm. Well, Yes, was my reply. And, so it happened, that, at a small birthday dinner, she presented me with a gift-wrapped box and instructions not to open it until I got home.

I am sure by now that you have a sense of what was contained in that box, but I, without the step by step progression of this story wasn't, until..... And there it was, a box with a picture of the Lego version of the Yellow Submarine, complete with miniature versions of John, Paul, George, and Ringo, and, wait for it, the "nowhere man." Upon



opening the box, I was shocked to observe what appeared to be a million tiny pieces and, again, wait for it, an instruction book running 97 pages! "Some assembly required?" I seriously considered a polite call to Tori that would include several lines of conversation ending with "what were you thinking!" but, then again, it was a birthday present, and it was the Yellow Submarine resurrected from our shared past. So began my adventure into the story of, the pieces are too small, my glasses aren't strong enough, and my fingers are too big.

And finally, there it was! Complete, beautiful, sitting on a cloud base with a stand in front that held all the Beatles and the No-Where Man. Complete to the point that Ringo's little handle hand held the "hole", and George's little hand held the submarine's little motor.

A cultural memory from the past, presented in the Lego language of the present. I proudly placed it in a place of honor on a counter height book

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MARK YOUR CALENDAR

FEBRUARY 21: AMY BROWN AND JASON SANDS WITH VISIT FORT WORTH



Amy Brown joined Visit Fort Worth in 2022 as senior vice president of convention sales and services. She has more than 20 years experience in meetings sales and destination marketing. Her experience includes several of Texas' leading convention cities: Visit Austin, Visit San Antonio and Houston's George R. Brown Convention Center. Jason Sands was named Director of Sports for Visit Fort Worth in 2017 and has since been promoted to Vice President of sports/executive director.

He recently led the effort to create the Fort Worth Sports Commission, bringing top corporate and community leaders together to support some of Fort Worth's major events, including the USA Gymnastics US Championships in 2021, NCAA Women's Gymnastics Championships in 2020-2026 and the NCAA D1 Men's Basketball 1st and 2nd rounds in 2022.

MARCH 14: TOUR OF VAN CLIBURN HALL AT THE TCU MUSIC CENTER

Please join us for a guided tour of the amazing new Van Cliburn Hall in the TCU Music Center on the east side of the TCU campus behind Brite Divinity School on West Lowden Street. We will meet in the lobby at 10 am for the guided tour which will end at 11:15 and be immediately followed by our usual buffet luncheon, held in the orchestra rehearsal hall. This breathtaking facility will certainly be both a visual and auditory delight!

REGISTER TO ATTEND

A buffet lunch is provided for \$15. Please register at least a week in advance on the TCURA website (<https://tcura.tcu.edu>) or email Linda Moore at l.moore@tcu.edu.

FEBRUARY 21 PARKING

Parking is available in the Kelly Center lot or the visitor section of the adjacent parking garage.

MARCH 14 PARKING

Parking will be provided close to Hays Hall and should not be an issue as our tour and luncheon will occur during Spring break.

FUTURE MEETING DATES

APRIL 11
MAY 5

All above dates are on Tuesdays. Speakers and/or programs will be announced in advance of meetings.

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817-266-8710
m.rubenkoenig@tcu.edu

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bo.soderbergh@outlook.com

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l.pennington@tcu.edu

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817-690-9957
f.oberkircher@tcu.edu

Representatives-at-Large Membership List Master

Judy Groulx
817-366-5333
jud.groulx@gmail.com

Newsletter

Nancy Madsen, Editor
817-938-4341
n.madsen@tcu.edu

Ashley Sutton, Designer
817-637-0215
ashley.j.sutton@gmail.com

TCURA email address:
tcura@tcu.edu

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case in the middle of the living room where it could be admired from any location. And there it sat.....patiently waiting.

A successful adventure movie requires that several elements be present and combined in just the right manner for full effect. The plot must be believable, the characters must resonate with the audience, the soundtrack must support the action, and most importantly, the timing must be precise. Cue the grand boys!

Let's start with their previous "film" credits. Both are adorable. Jaxon, with an "X" is 7 while Axel (Yes, Alex decreed that both her boys have an "X" in their name) is 4. While Tori still thinks that her wedding to Ricky was about them, we all know that the boys stole the show. Dressed as the Blues Brothers (complete with black suits, white shirts, black ties, and shades), they were to walk down the aisle with a little safe containing the wedding rings. To be safe, Alex would walk with them. Not in the script was the adlib Jaxon did of placing the safe on his head. No, that's not all! Near the end of the service, Axel, tiring of its length, was heard to say, rather loudly, "I'm done, done, done!" So it was that, during their summer visit to "Camp Dunlap," they entered my cabin on that fateful morning to play.

Those paying close attention might think that the boys went directly to the Yellow Submarine, but, no. True to the movie axiom, that would have been poor timing. Instead, they asked where the toys that I had stored for them from the previous visit were and if they could play with them. So, for the next hour or so, they happily played with these toys, reminiscing on the things they did with them the last time they visited. In so doing, they completely lulled me to a false sense of serenity. So much so, that I am still not sure of the exact moment that the Yellow Submarine left the book case in the hands of Jaxon. So subtle! Then came questions about the small people. Who were they and what was the connection?

In an effort to provide appropriate context, I gave some background on the subject and set up the Yellow Submarine movie. It's possible that my enthusiasm for the movie captured their interest. Either that or it was the unusually vibrant color and characters who looked just like the small figures in their hands. They were hooked! They watched the movie, lifted up the top of the Yellow Submarine to expose the inside that looked remarkably like the one in the movie, and reenacted scenes from the movie with the Lego toy.

It was all too perfect. Four hands are too much for a toy only 12 inches long; and two incredibly precocious minds don't travel on the same path very long. Maybe first it was the removal of Ringo's little hair hat. Or maybe it was a small part of the submarine that just happened to fall off. No matter. The real adventure movie had begun! The Beatles movie narrative, it turns out, was too simple for creative young minds; consisting only of action, color, and music. The movie variation playing out before my eyes was so much more complicated and fluid. Beatle outfits changed, new dialogue created, battles played out (these are boys you understand!), and the Yellow Submarine was ever so slowly transformed into a canoe, a beach landing craft, a rocket to the moon, and more. All the while, the boys happily sang Beatles songs! Oh, the richness and wonder of children!

What had been so precious and perfect sitting on the book case in my living room, in the mind of a 74-year-old adult who considered himself, until that morning to be quite creative, was consigned to the trash heap of maturity. Exposed to the wonder of real creativity, I was wise enough to accept defeat and enjoy what was unfolding before me.

A footnote: Several days after the boys returned home safely, I received a call from Alex. Even remembering her role in creating my Yellow Submarine party, she wanted to know what had become of her boys, as they seemed to be endlessly singing Beatles songs and creating new adventures with what looked to have been at one time a Yellow Submarine.

TCURA MISSION STATEMENT

The TCU Retirees Association exists to provide opportunities for fellowship, to promote lifelong learning, to advocate for fair benefits, to recognize the accomplishments of its members, and to strengthen the relationship between the retirees and the University.

HEALTH HELP NOW: BETTER CLEANING IN THE VIRAL SEASON

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

With multiple viruses (flu, COVID-19, RSV, etc.) circulating around us this winter, it seems relevant to talk about ways to clean” our living environments “smarter to protect ourselves from illness. Recently I was intrigued by several articles in my Washington Post inbox that identified that issue and thought them worthwhile to share with you. I learned some new things and hope you will too!

GREAT IDEAS TO FOSTER YOUR HEALTH IN 2023 (AND INCREASE YOUR EXERCISE OPPORTUNITIES!):

- **Clean with a stated purpose** - The CDC recommends regular cleaning of high-touch areas (door knobs, light switches, countertops, etc.) during viral season. I normally clean these areas at least once a week if not more often.
- **Clean before you disinfect** - You need to really clean twice. Remove dirt/debris first and then use a disinfectant second (to remove germs) following product label directions.
- **Recall disinfecting and sanitizing are different** - Sanitizers kill bacteria but not all viruses. A disinfectant product label lists the viruses destroyed or made inactive to prevent harm.
- **Leave cleaners on longer than you think needed** - Read product labels and follow the time needed for the product to work by staying wet to disinfect or sanitize.
- **Reflect on safe laundry practices** - If someone in your house is ill, wear a mask, gloves, and preferably an apron with bed linen bed changes. Avoid shaking the bed linens before you launder them. You can wash those in the same load as other clothes of non-ill persons. Some people leave sheets on the bed for 3 days after COVID and then wash them according to CDC recommendations.
- **Clean bathrooms at the end of your cleaning** - Make sure ill family members use separate bathrooms from other household members. Wear a mask, gloves and use disposable paper towels to clean up an ill person’s bathroom. Use a bleach based cleaner, leave on for 5 minutes or as recommended on high-touch areas such as toilet flusher, doorknobs, faucet handles, etc., in all bathrooms. Take trash out and wash hands for at least 30 seconds after cleaning.
- **Hit other bathroom areas that may harbor germs** - Clean the toothbrush holder that is often close to the toilet. Close the toilet

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In Memoriam

Kenneth Cracknell

Brite Divinity

October 26

Michael Wharton

Physics and Astronomy

November 15

Peggy Mayfield

Harris College of Nursing
and Health Sciences

December 10

Alois Charles Mladenka

Director of International
Student Services

December 30

Dolores Oelfke

Office of Scholarships and
Financial Aid

January 14





HEALTH HELP NOW

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lid to minimize waste spray and keep the bowl clean. Keep toothbrush in drawer or medicine cabinet to dry it out and decrease exposure to toilet spray materials.

- **Include the kitchen area with cleaning** - Wash the underside of the garbage disposal black rubber drain flange by wearing gloves and scrubbing with soap and sponge. Throw the sponge away afterward. Clean the Keurig according to instructions. Prevent contact with mold or yeast by “zapping” used sponges in the microwave for a few minutes or running them through the dishwasher to disinfect. Throw any sponge out

that has been used for a week! AND, get in the routine of using a fresh kitchen towel each day (something my husband I seek to do better in 2023!).

REFERENCES CITED

Herrada, S. (2022, October 18). You’re probably not cleaning these 11 very germly spots. Retrieved from: <https://washingtonpost.com/home&garden/2022/10/18/cleaning-germs-home-surfaces>.

Parker-Pope, T. (2022, November 10). How to clean smarter during virus season. Retrieved from: <https://www.washingtonpost.com/wellness/2022/11/10/cleaning-germs-viruses-bacteria>.

PHOTOS FROM DECEMBER LUNCHEON



1. Don Mills, Sharon Fairchild and Kay Higgins



2. Joeann May and Paula Reeves

DECEMBER LUNCHEON PHOTOS CONTINUED



3. Linda Moore and Deann Casper



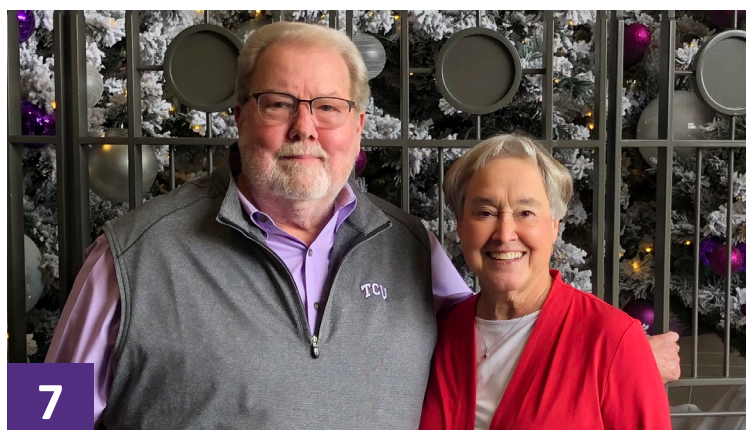
4. The Texas Boys Choir sang at the December TCURA meeting.



5. Bo Soderbergh



6. Lenelda Pennington



7. Brian and Mary Kincannon



8. Chuck Lamb



9. Kathryn Schrub



10. Melinda Rubenkoenig and David Grebel

JANUARY LUNCHEON PHOTOS



1. Judy and Bob Garwell



2. Art history professor Mark Thistlethwaite spoke on the current exhibit at the Sid Richardson museum.



3. Larry Lauer and David Grebel



4. Kay Edmondson, Louise VanTilburg and Fred Oberkircher

JANUARY LUNCHEON PHOTOS CONTINUED



5. Mark and Judy Golden and Wendy Crowley



6. Joan Yates, Kathryn Schrubba and Sterling Lauer at the January TCURA meeting



7. About 50 retirees attended the January meeting in the Kelly Center