

Silver Jackets Meeting

Tuesday November 13, 2018

343 Georgia Tech Student Center

Minutes

Members and Visitors Attending (27 total): Kathy Tomajko (Library), Janis Goddard (OSP), Jo McIver (Registrar), Sandra Thornton (Public Policy), Earl Cagle (Purchasing), John Balsam (GTRI), Jo Freeman (Laser Dynamics Lab), Charles Parsons (MGT), Sheila Parsons (Visitor), Walter Allen (Purchasing), Nannette Dooley (Library), Mary Duncan (Development), Ed Rondeau (Real Estate Development), Renita Folds (Guest-GTRI), Susan Keenan (Language Inst), C.A. Johnston Folds (Language Inst), Ray Vito (ME), Annette Satterfield (Registrar), Andy Smith (Provost Office), Rosalind Meyers (Campus Services), Len Parsons (MGT), Bob Springfield (Econ Dev/ATDC), Pat Davis (COS), Marge Boehme (ECE), Sally Hammock (Student Center), Jay Hoffmeister (GTRI), Kathy (Guest).

Business Meeting

Kathy Tomajko, Silver Jackets President, welcomed members to the meeting. She introduced herself and asked everyone to introduce themselves.

In that we didn't have a quorum, the election for 2019 Officers was not held. Ron Bohlander, Nominating Chair, developed the following slate:

President - John Balsam

Vice President – Ed Rondeau

Secretary – Tom Horton (replacing Janis Goddard)

We are still looking for a Treasurer to replace Earl Cagle. Contact Ron Bohlander or Kathy Tomajko if you are interested in volunteering.

Kathy thanked John, Ed and Tom for their willingness to serve the Silver Jackets as officers.

Sally Hammock reminded members of the December 4th Holiday Luncheon at Petite Violette. All the details are in the information sent to SJ members via email. Registration forms were distributed, as needed. Anyone who wanted to register and pay at the meeting was asked to see Sally. The deadline to RSVP is Tuesday, Nov. 27.

You may wish to contribute to our annual donation project, Children Read, by bringing one (or several) pre-K level books to the SJ Luncheon on Dec. 4. Sandra Thorton spearheads this project for us.

Program

John Balsam introduced our speaker, Dr. Stephen Nowicki, Professor Emeritus, Emory University. He spoke on “Making Relationships Work at Any Age.”

Some of the points made by Dr. Nowicki were as follows.

The importance of relationships:

- Helps you live longer.
- Taking a family photo into surgery is a good idea.
- They affect how much pain you can endure.
- A child draws resilience from good relationship with at least one adult.
- One can draw strength from another person.

How are we doing in relationships:

- One in two marriages ends in divorce.
- There is more depression today.
- One of three elementary students feels sad or unhappy.
- One in ten elementary students have thought of suicide.
- Fastest diagnostic groups have inability to relate (as seen in autism).

Phases of relationships:

- Choose to have.
- Begin to relate.
- Deepen (communication to get from one phase to another).

- End (we generally don't end relationships well).

Language is verbal and non-verbal; it is learned and complex. Verbal is learned directly and formally; non-verbal is learned indirectly and informally. Non-verbal language: facial expressions, gestures, body movements, touching, looks, smells. Schools can improve and hurt non-verbal communications.

Announcements

Upcoming meetings:

Dec. 4 - Holiday Luncheon at Petite Violette on Clairmont Rd.

January 2019 – John Balsam will work with Ed Rondeau on a speaker for the Jan. 2019 meeting. If you have speaker or topic ideas, please contact John or Ed.

The Silver Jacket Member Survey is still in the works and will be distributed soon. The Survey Committee of Ron Bohlander, Sally Hammock, John Balsam, Kathy Tomajko have developed the Survey and John is trying to get the Technology to work.

The AON enrollment period (for those retired and age 65+ is Oct. 15 to Dec. 7, 2018. It is recommended that AON participants look at the various healthcare options as their plans and choices may have changed. If you decide to keep the same plan, you don't need to do anything.

Kathy thanked everyone for their attendance and wished them a Happy Thanksgiving. We hope to see everyone at the Holiday Luncheon on Dec. 4, 2018

Respectively submitted,
Janis Goddard
Secretary