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### Presentation by Tricia Herban on November 2 **“Cuba Then and Now: A Contemporary Perspective”**

Earlier this year, Tricia Herban traveled extensively in Cuba, a country that had been on her mind since she was a college student in the early 1960s. She will bring her account of travel and conversations on that island nation to the Columbus Torch Club on Thursday, November 2. Her Torch paper is titled, “Cuba Then and Now: A Contemporary Perspective.”

Cuba came to her attention when, as a college student, a close friend related that his mother’s job at the U.S. embassy in Havana had just been terminated. A few months later, Tricia’s father, an economic journalist, was in the Soviet Union on a reporting trip and found all of his previously arranged meetings with government officials were inexplicably canceled. “Only when he left the Iron Curtain did he learn about the Cuban Missile Crisis,” Tricia said.

“I must confess that my recent interest in Cuba was prompted by several friends who, upon their return from the country, practically ordered me to visit, saying ‘Go now, before it is spoiled.’ As someone who has made repeated trips to Mexico and Peru and is fascinated by foreign food and art, I needed no further incentive.”

Due to continuing U.S. travel restrictions, Tricia’s trip was arranged through the People to People International program and was run by the Grand Circle Foundation, a subsidiary of Grand Circle Tours and Overseas Adventure Travel.

“Their guides are well versed in all aspects of the country’s economic, political and cultural life, and those of us traveling are advised that no topic is off limits as long as it is addressed respectfully,” Tricia said. “I traveled though half the island, staying in Havana and in more rural areas. We visited schools, churches, synagogues, art centers and artists. Our conversations were wide ranging and eye opening. My talk will share with you the awakenings of an adult to the impact of *realpolitik* as played out in a country less than 500 miles from our shores.”



**Tricia Herban**

## **Biography of Tricia Herban**

Tricia Herban earned her Bachelor of Arts degree in English from Middlebury College and her master's degree and Ph.D. in English from the University of Pennsylvania. After several years of employment in college administration on the East Coast, she moved to Columbus where her primary occupation was as a fundraiser, beginning at WOSU and concluding at the Ohio Breathing Association.

Currently, Tricia volunteers with a variety of organizations. She is secretary of the board of WIN (Worthington Interfaith Neighbors), serves on the Development Committee of the Board of Chamber Music Columbus, and is chair of Long Range Planning for the Board of The Ohio State University Women's Club. She has a Muslim conversation partner and is very interested in interfaith dialogue and strengthening respect among people of all backgrounds and beliefs.

## **President's Message: Torch makes us happy?**

Dan Buettner, National Geographic Fellow, international speaker, and author of a series of books on how to best live our lives published his latest, *Blue Zones of Happiness*, this month. It turns out that the U.S. is not the happiest country nor is Columbus the happiest city here.

As an engineer, I admit greater comfort with more concrete measurements, but through correlation of 75-plus independent demographic variables and dependent measures of happiness among thousands of representative populations, he has quantified what makes us all happy. Interestingly, money is not the driver of happiness, except to have enough for financial security, even over consumption. One of the key measures is to have face-to-face social interaction six hours a day. In our Torch Club meetings, we meet about half of that minimum daily requirement.

Another measure is volunteerism. There is a great deal of that in order to pull off the Torch Club meetings, communication, presentations, and logistics at the local level and even more so for those that sustain the district and international levels. Perhaps the most important measure is to have 3 close friends. Each additional friend increases your happiness by about 15 percent. With about 90 Torch members to choose from, this oughta be the happiest club in the Country.

On behalf of Columbus Torch, you're welcome!



**Rich Davis**

## **News from the International Association of Torch Clubs**

- Effective September 1, the Organization Management Group assumed operation of the IATC's national office. OMG, based in Virginia, provides management services to for-profit and non-profit organizations.
- With the resignation of Dick Fink as IATC president effective August 31, George H. Conklin of Durham, N.C., assumed the presidency. He was voted president-elect at the IATC convention last June.
- The next IATC convention will be June 21-23, 2018, at the Menger Hotel in San Antonio, Texas.

## Member's Moment – Elizabeth R. Lenz

*Presented by Violet I. Meek on October 5, 2017*

Our Member's Moment honoree tonight seems to have been fated to end up in the academic health care world. Her mother was a physician, so Betty saw early on the challenges of balancing family with a demanding profession. Her father was a chemical engineering professor at Carnegie-Mellon. And it continued: her husband, Dave, is a retired army chemist. Their daughter is an executive recruiter for the health care industry and their son is an M.D.-Ph.D. who works with Amgen. It is a bit soon to tell about the four grandchildren's futures. This all might be food for an interesting nature-nurture conversation.



**Betty Lenz**

Betty and Dave met at DePauw University in Greencastle, Ind., where she got her B.S.N. Later came an M.S. in public health nursing from Boston College and a Ph.D. in sociology from the University of Delaware.

Betty is known to many of you as the retired dean of Ohio State's College of Nursing. She is now an Academy Professor at Ohio State. You might get her to tell you about the work of the Academy of Emeriti. She has a distinguished and varied resume, in both theory and practice, with three books, 44 journal articles, book chapters, monographs, multi-media instructional guides, journal editorship, consulting to doctoral programs both here in the U.S. and abroad. Ohio State went for quality when it asked Betty to join us.

There was no doubt that Betty had the skills to be a dean. She did something I regard as remarkable. In the early days of Ph.D. programs in nursing, she and three colleagues were told to develop a nursing Ph.D. at the University of Maryland. There existed few programs to copy or patterns to follow. So they asked themselves what would be good and put it together. They got the whole program done, approved, and accredited, and the first students admitted in one year! That is an academic miracle if I ever heard one.

That was all about Dean Lenz. What about Dr. Lenz the researcher? Out of all her work, the publication she says got the most attention was a study she did at Columbia where she held a named chair. It was a randomized study looking at clinical outcomes for volunteer patients who came to the hospital ER. Some were seen by physicians and some by nurse practitioners. The clinical outcomes were the same. That is something you might get her to tell you about.

And then there is Betty as public health nurse. She was a visiting nurse in the Roxbury area of Boston. The first thing she talks about is the cold – New England by the sea can be bone chilling. Public health nursing may be rewarding – a calling where a nurse can change lives. But it is always hard and sometimes depressing. Get her to tell you about that part of her life.

And then there is our friend Betty who enjoys the freedom of retirement and travel. You've got to get her to talk about this. For some health reasons, Betty needs to fly business class on long flights. One day she discovered that you could cross the Atlantic on the Queen Mary at the same cost as a business ticket. And her eyes light up and she smiles and launches into the wonderful stories of their trips on the Queen Mary. Made me want to sign right up. Maybe we should plan a Torch trip. Or not.

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## **Member's Moment – Elizabeth R. Lenz**

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And then there is the cat lover. Betty and Dave live with their Tonkinese cat, Eleanor. According to that impeccable source, Wikipedia, Tonkinese are intelligent, active, vocal, and generally people-oriented cats, playful and interested in everything around them. Of course, that also means they can be easily bored. Cats have such interesting ways of dealing with boredom. Maybe she'll talk about that.

So here we have Betty Lenz, dean, nursing researcher, valued colleague and friend.

## **Columbus Torch Club inducts new member at October meeting**

### **Sally Willson**

Raised in the suburbs of Philadelphia, Sally Willson attended private girls schools, then graduated from Tufts University in Medford, Mass. After college, Sally worked for the Peace Corps in Washington, D.C., where she met Hal, a Peace Corps volunteer. They married and moved to India.

When they returned to the United States, they lived in New York State where Hal attended Cornell University. While in New York, Sally worked as a media specialist for five years and published several articles in various journals.

After moving to Columbus, Sally earned a master's degree in journalism. Most recently, Sally has worked as a financial advisor. Now retired, she is traveling the world.



**Sally Willson (left) and her sponsor, Dorothy Driskell**

## **Elizabeth Short receives Silver Torch Award for her support of the club**



**Dorothy Driskell delivers the Silver Torch Award to Liz Short**

Elizabeth B. Short received the Silver Torch Award at the club's meeting on October 5. The award was announced at the convention last June of the International Association of Torch Clubs, but Liz was unable to attend the convention.

The Silver Torch Award is presented for outstanding service to a local Torch Club. The board of the Torch Club of Columbus nominated Liz for the award in recognition of her taking over the production of the club's annual program book for 2016-17 following the death of Linda Jefferson.

The nomination also noted that Liz, a club member since 1999, faithfully attends the monthly meetings, despite driving the greatest distance from Kettering. She was an active volunteer at the IATC convention in Columbus in 2016. She and the late Bruce Kline jointly presented a Torch paper, "The Gifted, Resiliency, and Brain Plasticity," to the club in October 2016.

## Responding to the Evite from Secretary Seelbach

Club secretary Thom Seelbach will send you via electronic mail an Evite to attend the Torch Club meeting on November 2. Respond promptly to the Evite so he will have an accurate count of meals needed. You also may respond to him at tseelbach@gmail.com or (614) 457-5103.

The directions for responding to the Evite are:

1. After you click on the email from Evite, it will bring up a new window on the Evite website. You must click your response in this new window for Evite to register your response.
2. The guest count is the actual number of attendees. If only you are attending, the count will be 1. The cost for a guest to attend the meeting and dinner is \$30.

## Schedule of Torch Club speakers and their papers for 2017-18

Thursday, October 5, 2017

**"History of the OSU College of Optometry"** by Robert Newcomb

Thursday, November 2, 2017

**"Cuba Then and Now: A Contemporary Perspective"** by Tricia Herban

Thursday, December 7, 2017

**Chamber Music Connection String Quartet**

Thursday, January 4, 2018

**"Sicily: So Much More"** by Christina Atzberger

Thursday, February 1, 2018

**"The History and Current State of Antarctica"** by Thomas Baughman

Thursday, March 1, 2018

**"Identifying Bottlenecks in Manufacturing Systems and Emergency Departments to Reduce Waiting Times"** by Gordon Clark

Thursday, April 5, 2018

**"The Evolution of Italian and English Gardens"** by Nancy Verber

Thursday, May 3, 2018

**"A Few of My Favorite Things: A Piano Recital"** by Thomas Seelbach and the Faculty Club's Steinway

### **Torch Club's monthly meeting agenda**

4:30-5:30 p.m. Board of Directors meeting

5:30-6:15 p.m. Cocktails and conversation

6:15-6:35 p.m. Business matters

6:35-7:30 p.m. Speaker presents Torch paper

7:30-8:45 p.m. Dinner and table discussion

Meetings are conducted in The Ohio State University Faculty Club, 181 S. Oval Drive; (614) 292-2262.

## Board of Directors of Torch Club of Columbus, Ohio, for 2017-18

President – Rich Davis

President-elect – Tom Costantiello

Immediate Past President – Jeff Caswell

Secretary – Thom Seelbach

Assistant Secretary – Susan W. Smith

Treasurer – Howard Gauthier

Assistant Treasurer – Susan Tilgner

Fellowship Chair – Violet Meek

Membership Chair – Dorothy Driskell

Nominating Chair – Jeff Caswell

Newsletter Editor – Steve Sterrett

Director-at-Large Violet Meek (2018)

Director-at-Large Deborah Stevens (2018)

Director-at-Large Dorothy Driskell (2019)

Director-at-Large Richard Meyer (2019)