

The Village Voice

Bradford Village, a Brookdale Community

Resident Spotlight—The Hirniseys

“Our Rose Bowl Trip”



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We really enjoy going to football games. Our first date was an OU-Kansas State game in 1967. When we learned the Sooners were going to play in the Rose Bowl and there was a trip planned by the Alumni, we decided to go. We called our son who works in sports. He wanted to be sure we booked with a reputable company, and we had. An added incentive to the trip was the Rose Parade. Jim’s dad loved roses, and his parents had gone to the Rose Pa-

rade in the 1950s. We had often talked of going someday. We joined the group going, shared our plans, and were very excited when the tickets arrived. Our son Justin and his wife Leigh had also decided to go but would be sitting on the Georgia side with Leigh’s cousin.

We arrived at the airport on time but learned that instead of going on Southwest Airlines, we were part of the group to fly on Allegiant Air instead. After loading, we sat for 2 hours on a cold

airplane that didn’t serve hot drinks! Eventually we got on another plane that arrived at 11:00 p.m. instead of 5:00 p.m. and went by bus to our hotel. We had missed a party that night and were last in line to get our credentials. We were in the Sheraton Grand Hotel of L.A. along with the OU band of 300 members. On our floor, the students’ instruments were listed on their hotel doors. We attended the fan fest next door, and portions of both bands were there. We found a mall a few blocks away and celebrated New Year’s Eve with a burger and a soda.

A portion of our day was spent trying to find out what time the buses left for the pa-

rade. No one seemed to know. Our son called to ask and finally called the company we had paid for the trip and was told the buses would leave at 4:00 a.m. The “word-of-mouth” was 3:30 or 4:00 a.m. We were in the lobby at 3:25 a.m. in our crimson and white. Buses were loaded and we were on our way! We had box breakfasts with juice but no coffee. The seats for the parade were good and near the beginning of the parade.

The Rose Bowl is known as the “Granddaddy of Them

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All”. Beginning in 1902, it has been a part of many football legacies. This 104th Rose Bowl was the College Football Semifinal. Other bowl games may have parades, but the Rose Bowl’s floats are decorated by volunteers and feature creative uses of flowers. The 2018 Parade’s theme was “Making a Difference”. We had good seats and saw many beautiful floats.

The Sooners had a pregame OU Alumni Bash on the grounds of Brookdale Golf Club – a long walk accomplished because a younger woman and her teenage son helped us find it. After eating tailgate foods, resting and listening to the Sooner Band, there was another long walk and a climb to Row 73 where we had seats near the 45-yard line. We were with our fellow OU fans including a younger woman in front of us who was very excited to be there and support the team. The final score was 54-48 and the winner wasn’t our Oklahoma team, but it was still a great game. Mayfield and

the other Sooners played better during the first half than they did in the second half. We had 30 minutes to locate our bus after the game, so we were only able to talk briefly with our son on the phone. Our group had some valid criticism of the company that organized the trip. One of their staff called everyone and listened to their complaints, plus he refunded a portion of the trip cost.

We had viewed the trip as a “once-in-a-lifetime” experience, and it was! We bought a few “packages” from the company, but expected it would be like a tour with

people there to answer questions and solve problems. We arrived home safely with special memories. Jim has a new hat with the Rose Bowl 2018 information. Joan received a similar hat, but gave it to their son.

Someone had to lose the game. When we were eating the night before, an older man dressed in Georgia’s colors came over to visit with Jim. He pointed to the table where he was eating and said, “That’s my grandson and he is playing tomorrow. It will be the greatest day of my life.” Football fans understand. We plan to watch next year on television and remember the best parts of our trip.



New Neighbor

Bradford Village Welcomes Gloria “Glo” Rehrig

Born on November 12th in Oklahoma City, Glo Rehrig has spent most of her life in Oklahoma County. She attended Oklahoma City and Putnam City Schools before graduating from Northeast High School. She studied at OSU for three years, got married, and had two sons. She earned a cosmetology license and operated a shop for a few years. Glo taught cosmetology at Central High School for five years while attending OSU, where she earned a degree in Trade and Industrial Education. She continued her education at Central State College (now UCO) and earned a master's degree in Guidance and Counseling. Glo served as a counselor at Foster Estes Vo-Tech, Putnam City High School, Edmond Mid-High, and Edmond Memorial High School; she retired in 1990.



Glo's two sons Alan and Phil were the lights of her life. They were very active in sports, and Glo happily watched as the boys started on Edmond Memorial's basketball teams; both were part of Oklahoma All-State basketball in high school. Alan, the older son, played basketball all four years at OSU and football for one year. Sadly, Alan was murdered in 1985 and the case is officially unsolved. Glo formed a support group and attended training to facilitate helping families of homicide victims. She worked with the Oklahoma City Police Force, the District Attorney, and the state Medical Examiner for 10 years helping many families adjust to the tragedy of losing a loved one so abruptly.

Mercy Hospital's NICU unit was the next volunteer spot for Glo. She rocked premature babies twice a week for 5 years. She completed her volunteer career by spending 5 years at the OSBI Forensic Center (just south of UCO's University Center) where she led tours of the facility and reprised her work with a Homicide Family Support group.

Phil, Glo's second son, taught and coached basketball at Christian Heritage Academy for many years. Sadly, he succumbed in October 2017 after a second-attempt bone marrow transplant.

Glo has 8 grandchildren and 8 great-grandchildren, most of whom live in the OKC area. She cared for the first 2 great-grandchildren for the first 3 years of their lives. The family continues to enjoy sports—especially basketball. They are avid fans of OSU Men's Basketball.

Glo and her husband George traveled to Europe in 1975 and to Hawaii in 1976. They were married for 16 happy years; among her memories is included his joy with the children, and that he shared her love for basketball! After his death, she continued to travel with friends going to Alaska and on other cruises.

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Glo is blessed with a wide circle of friends from teaching school, OSBI work, First Christian Church, and those she has met at Results Gym. Bradford Village resident Winnie Hall is her sister. In the past, she has made tables from barn wood and professionally hung wallpaper. She anticipates showing her love for gardening by establishing a flower garden at her cottage.

Glo Rehrig is home at 223 Lincoln; Bradford Village happily welcomes her presence here!

CHAPLAIN'S CORNER

by Jim Davidson

II Timothy 2:15: (ASV) “Study to show thyself approved to God, a workman that needs not to be ashamed, rightly dividing the Word of Truth.”

As physical activity is good for the *body*,
spiritual activity is good for the *soul*.



Letter from the editor

Calling all writers! The Village Voice is looking for contributors to the newsletter. What kinds of things can you share?

- ◆ Personal memories (see our two featured articles this month)
- ◆ Articles on a topic of interest (gardening, history, crafting or quilting)
- ◆ Favorite recipes
- ◆ Photographs

We also need writers to interview new and current residents. If you are interested in being a regular contributor, talk to Hannah about joining our team!

Once Upon a Time Machine

Saturday, March 10, 2018

10:00 AM — OPEN FINAL DRESS REHEARSAL

2:00 PM—MATINEE PRODUCTION

Judd Theatre at Oklahoma Christian University
2501 E Memorial Rd, Edmond, OK 73013

TICKETS ON SALE NOW

ONLY \$5 per person

To order your tickets, contact Caitlin Cairns

Call: 405-341-0810 x2284

Quote

“Love is the only force capable of transforming an enemy into a friend.”

-Martin Luther King, Jr.

VILLAGERS AND VOLUNTEERISM

If you happen to stop by the home of Jean Smith, you will probably find her surrounded by an array of colorful crochet thread and busy crocheting hats. When I visited with her last week, she had already donated over 100 of these hats to a worthy cause and continues to crochet hats to be donated.

I shared with Jean about Refuge Fellowship, a Christian (Disciples) church where our son is involved in a homeless ministry and where approximately 80-100 homeless men, women, and children of Oklahoma City meet weekly for a warm meal, a church service, and warm clothing. Jean immediately donated 31 hats to be distributed to these people. What a ministry she has!

Thank you, Jean, for your kind heart and sweet, caring spirit, and for giving so unselfishly.

-Mary Davidson



Adam and Eve Had Nothing on You

By Don Self

I'm one of the many who believe God may have something for me on the other side. Believe as you will, I will not try to convince you of that. If you don't believe, I know that better men than I have already tried. If you have one child or more, God already has plans of extending the life of the family you are, with your wife, solely responsible for. They would not be alive if not for you. And ancestors of them may be here for eons—a thousand years might just be a beginning! Adam and Eve had nothing on you! So, in a way, *every mother and father has a little immortality.*

Weight Management

It's the beginning of a new year, and after the holidays, most people are looking for a new start to their diet and exercise routine. It's also a time to be mindful of weight management, which is being aware of the foods you eat, the amount of food you eat, and your amount of physical activity (Hannah's definition). Weight management is important for several reasons including optimal health, especially in aging, disease prevention, and increased quality of life (QOL). One's ideal weight can be determined by several factors, and you should consult with your physician or a fitness professional to determine what weight range may be best for you (feel free to reach out to Hannah for more information). Other indicators include circumference measurements, waist-to-hip ratio, and body fat percentage.

Now that you know what weight management is, the question becomes, how do you manage your weight? The answer is simple: Implement an active lifestyle, "clean up" your diet, watch your portion sizes, and keep track of what you're eating and drinking. Choose nutrient-dense foods, such as fruits, vegetables, lean meats, and whole grains, be aware of the amount of food you're eating, write down your food and beverages daily, and start moving more (examples include standing during commercial breaks, walking an extra 30 minutes weekly, etc.).

Other tips for weight management include paying attention to portion sizes, being mindful while eating, eating slowly and really enjoying your food, choosing nutrient-dense foods 80% of the time (the other 20% is "fun food" such as desserts, soda, etc. because we also have to enjoy life!), drinking enough water (0.5-1.0 ounces of water per pound of body weight each day), eating out less often, and adding in the good to help push out the bad.

Things to consider when beginning managing weight include consulting your physician before beginning any exercise regimen, finding exercises and healthy foods that you ENJOY, making sure you're eating ENOUGH calories, managing stress, finding others with similar goals, and being patient with yourself! For more information, please reach out to me!

-Hannah Miller, Resident Programs Coordinator
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