

“COME ON IN –
THE WATER’S GREAT!”

Dr. Jack Beattie

MUSICAL PEACE PROJECT
TAKES ROOT

Dr. George Barkett

New

Dimensions

[life beyond orthodontics]



Cover Story

“Come on in – the Water’s Great!”

DR. JACK BEATTIE

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On the Cover:

Dr. Jack Beattie can usually be found in the water rather than on board a ship, but he made an exception for a 2012 Annual Session event on the USS Missouri at Pearl Harbor in Hawaii.

Musical Peace Project Takes Root

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New Dimensions

Spring 2012

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Panorama

AAO retirees engage in a wide variety of unusual and unique hobbies and activities. For some, like Dr. Jack Beattie, a post-retirement hobby is the continuation of a lifelong passion. As a highly accomplished youth swimmer and All American, and later as a Masters swimmer, Dr. Beattie enjoyed competing with other swimmers and against his own personal records. He was also a member of a relay team that swam the English Channel. Today, he shares his love of swimming on a personal and social level with many family members and friends. His family’s annual “Lake Swim” breakfast has been profiled in a segment airing on PBS.

Dr. George Barkett is a lifelong music lover who is not a musician. He was just a few years from retirement when he conceived the ideas behind Songs for Peace, an international song-writing contest. Since retiring, he has relinquished some of his planned leisure activities to advance the project. With efforts by Dr. Barkett, a few volunteers and today’s Web-based technology, this grass-roots-style initiative now has the potential to reach an enormous international audience. Using music as a catalyst, Dr. Barkett aims to focus many hearts and minds on peace.

Enjoy this issue of *New Dimensions*.

Dr. Jack Beattie Says, “Come on in – the Water’s Great!”

From the moment he first learned to dog-paddle as a toddler, Dr. Jack Beattie was hooked on swimming.

“By the time I reached high school (in Bay City, MI), I had competed in county swim meets,” he says. “Then, when I was in the 10th grade, my dad died from a heart attack. My swim coach became a great mentor for me. He encouraged me to pursue a college athletic scholarship.”

As a high school state swim champion and All American swimmer, Dr. Beattie was an obvious pick for the Michigan State University swim team, on which he became an NCAA All American.

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Dr. Jack Beattie



At left, Dr. Beattie is pictured in the memorabilia room at his home near Orlando. Dr. Beattie was active in politics for a number of years and met four U.S. presidents. He was also photographed with many well-known swimmers whom he met over the course of his competitive swimming career.

“Our coach, Charles McCaffree Jr., produced more Olympic swimmers than any other coach in the history of MSU,” says Dr. Beattie. “Although after college I had about a 15-year hiatus from competitive swimming, I had made great friendships with some of the most accomplished swimmers in the country and have stayed in touch with many of them.”

After graduating from MSU, Dr. Beattie went on to dental school and orthodontic training at the University of Michigan and Case Western Reserve University, respectively. In 1964, he started his orthodontic practice in Orlando.

As a research fellow doing his orthodontic training, Dr. Beattie received second prize in the Milo Hellman Research Award competition. His son, Dr. John Beattie, received the award of special merit in the competition 25 years later as a resident at Saint Louis University. They are the only father and son to have received research awards in the history of the AAO. (The award program now includes the Hellman award, and the Sicher and Graber research awards.)

Dr. Beattie quickly became active in organized dentistry and orthodontics, serving 22 years as a Florida delegate to the American Dental Association and 27 years as a delegate from the Southern Association of Orthodontists to the AAO House of Delegates. He also served two separate eight-year terms on the AAO Council on Governmental Affairs and was a member of the AAO Political Action Committee Board of Directors. Closer to home, he remains active in politics.

“I had a strong interest in politics going back to high school, where I was student council president and a lieutenant governor at Boys State,” says Dr. Beattie. “After moving to Florida, I became active in politics and was elected chairman of the Orange County Republican Executive Committee. I was approached about running for Congress, but I enjoyed the practice of orthodontics so much that in the end, I couldn’t give it up.”

Dr. Beattie was twice a delegate from Florida to the Republican National Convention.

As an AAO delegate, Dr. Beattie introduced the original resolution to change the name of the *American Journal of Orthodontics* to the *American Journal of Orthodontics and Dentofacial Orthopedics*. The *AJO-DO* title became effective in July 1986.

“During my specialty training, I became very interested in facial growth and development as my area of research under Dr. B. Holly Broadbent,” says Dr. Beattie. “My thesis centered on a cephalometric longitudinal study of mandibular growth as related to height, weight and skeletal age (the Bolton Brush Growth Study). I was fascinated by how headgear and other orthopedic-type appliances can impact growth and development of the face and jaw, and as a practicing orthodontist, felt strongly that adding *dentofacial orthopedics* to the journal title would more accurately reflect what our specialty does.”

Among Dr. Beattie’s professional awards is the Oren Oliver Distinguished Service Award from the Southern Association of Orthodontists and the Florida Association of Orthodontists Distinguished Service Award.

*As a Masters swimmer,
Dr. Beattie set national and
world records in the backstroke.*



In Tokyo in 1986,
Dr. Beattie took
three gold medals in the
Federation Internationale
de Natation (FINA)
and was recognized in
Sports Illustrated.



Back in the Water

Although his orthodontic career and political interests had fully occupied him during his first years in Florida, Dr. Beattie still enjoyed recreational swimming. He was intrigued when he learned in the early 1970s that the United States Masters Swimming competition was about to launch. He began entering events, specializing in the backstroke but also swimming in freestyle, butterfly and breast stroke events. He won a total of 88 national championships and set national age group records. At one point, he held five simultaneous world records in different events.

Internationally, Dr. Beattie conquered Federation Internationale de Natation (FINA), setting world records while competing in 10 different countries. In Tokyo in 1986, he took three gold medals and set a world record, earning recognition in *Sports Illustrated*.

Dr. Beattie shares a love of swimming with his entire family. His wife, Ernestine, also had a successful career in Masters swimming. All three of their children, including orthodontist Dr. John Beattie, oral and maxillofacial surgeon Dr. Jeff Beattie and attorney Kim Beattie became All American swimmers and varsity college competitors.

Like many highly accomplished swimmers, Dr. Beattie had a long-time dream of swimming the

English Channel. In 2000, he joined a team with five other swimmers for a relay swim from Dover, England to Calais, France.

“Each member of the team swam for an hour at a time,” says Dr. Beattie. “There was a storm coming in from North Africa to France, and the boat captain considered calling off the swim due to the rapidly deteriorating weather. The timing becomes very critical because of the changing tide as you approach France – you have to enter the harbor at just the right time. Another very difficult aspect of it was the hypothermia that you face in 60-degree water with wind and rain. I was shivering unbelievably hard every time I got out of the water. We were only in a 30-foot boat that was being pulled in every direction by the current. I’m glad I did the swim, but wouldn’t do it again for a million dollars.”

Despite the challenges, as an officially sanctioned channel swim team Dr. Beattie and his teammates received the Channel Association Award for the fastest relay crossing that year.

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Changing Focus

In 2002, Dr. Beattie retired from orthodontics, leaving his son to operate their practice on his own. Soon after, the senior Dr. Beattie found himself in an unexpected medical situation. Even though he had no cardiac distress, he was diagnosed with heart disease and had open heart surgery with a quintuple bypass.

"I had no idea that my blood vessels had closed," he says. "But it helped me to better grasp the importance of the genetics involved ... the same genes that caused my father's death at only 49 years of age. I directly attribute my present longevity to my lifelong swimming career. I made the decision to stop competing at the elite level because my records came as a sprinter and the training required is rather intense – you've got to totally concentrate and make it hurt. More importantly, I realized that I had accomplished what I wanted to accomplish."

Dr. Beattie now enjoys swimming as a fitness activity and a social outlet, swimming five to six days a week with friends. His workouts are usually at Rollins College and in Lake Maitland, one of the Central Florida Chain of Lakes. The Beatties' home in Winter Park, FL, overlooks the lake.



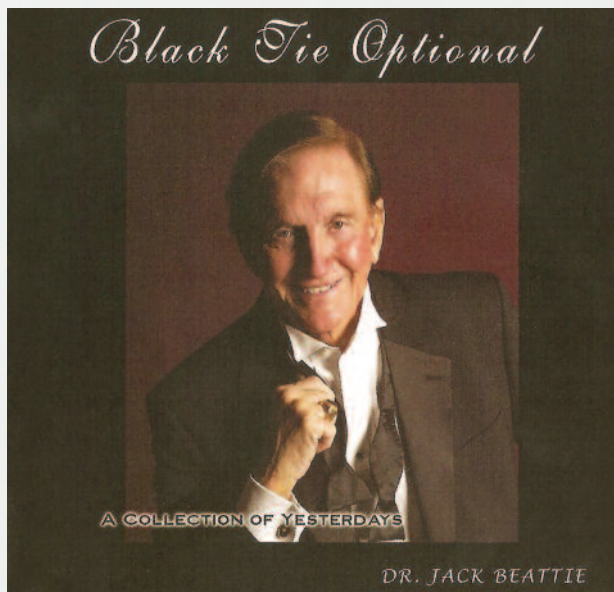
Dr. Beattie swims the butterfly stroke, above.



Every year, the Beatties host a one-mile "Lake Swim" and pancake breakfast, attended by many family members, friends, triathletes and former collegiate and Masters swimmers, some of whom the Beatties have competed with in the past. The breakfast, now in its 22nd year, was recently featured in a video segment filmed by GrowingBolder.com, an online community, with the segment now airing on PBS stations nationwide.

"It is a great way to enjoy socializing and swimming with a great group of people, since swimming has meant so much to all of us," says Dr. Beattie.

Dr. Beattie is scheduled to return to Michigan State University this fall, where he is to receive the MSU Varsity Club Jack Breslin Life Achievement Award for 2012. The award is presented to the Spartan varsity alumnus whose post-college career has brought great honor to the athlete, and by reflection to MSU and its intercollegiate athletic programs.



As a vocalist, Dr. Beattie enjoys singing a wide variety of music and produced a CD.

When he is not swimming, music is another of Dr. Beattie's passions. An experienced vocalist who sang in a quartet in high school and in a collegiate musical group, Dr. Beattie enjoys a variety of musical styles. His CD, *Black Tie Optional*, includes a cross-section of titles ranging from Frank Sinatra Classics to "Me and Bobby McGee."

Dr. Beattie also enjoys staying in touch with educators at Case Western Reserve. He recently donated \$100,000 in support of the Case Western Reserve School of Medicine Bolton-Brush Growth Study Center. Thanks to Dr. Beattie's support, the imaging center at the Bolton-Brush Growth Study Center will be known as the Broadbent Institute for Craniofacial Research, in honor of Dr. Beattie's mentors, Dr. B. Holly Broadbent Sr., and his son, Dr. B. Holly Broadbent Jr.

Dr. Beattie says his motivation for the gift was "to ensure the Broadbents' names are forever remembered for the original research and the tremendous contributions they made to our specialty and to the university."

Aside from swimming, politics, music and philanthropy, Dr. Beattie's next accomplishments are yet to be seen. But no matter what other activities he chooses in retirement, he will follow his lifelong pattern of immersing himself thoroughly.

To view the PBS video on the Beatties' lake swim, visit <http://growingbolder.com/media/sports/water-sports/family-friends-and-pancakes-641362.html>.



GrowingBolder.com produced a video segment on the Beatties' annual "Lake Swim," which has aired on numerous PBS stations.

Dr. George Barkett's Musical Peace Project Takes Root

When Dr. George Barkett was attending an orthodontic meeting in Arizona about 20 years ago, he was relaxing poolside between sessions and began thinking about the power of music as an international language.



"I began considering how music could best be used to make the world a better place – and I realized that the most beneficial way that music could be used would be in the promotion of world peace."

Dr. George Barkett



Dr. George Barkett

“Music exists in all societies, from large cities to the tiniest villages – even in closed societies,” says Dr. Barkett. “Music can be a way to get through to people who may not be reached otherwise. We pay close attention to the messages contained in songs. Music motivates people in strong ways, and research has documented

that it brings about physiological changes in the human body. I began considering how music could best be used to make the world a better place – and I realized that the most beneficial way that music could be used would be in the promotion of world peace.”

Dr. Barkett had entered the orthodontic specialty in Vero Beach, FL in the mid-1960s.

“We had a lot of fun in our practice,” he says. “It was a beautiful office in a beautiful environment. I also had a local talk radio show on dentistry and health for a while, and interviewed dentists and orthodontists from all over the country.”

After entering practice, Dr. Barkett became active in the Vero Beach Rotary Club. He developed great respect for the commitment of Rotary International to promoting peace and well-being worldwide.

“Rotary gives scholarships to students to enroll in peace studies degree programs and has partnered with numerous organizations to help eradicate polio worldwide,” says Dr. Barkett. “But when countries are at war, sanitation systems and other elements of infrastructure that help prevent diseases of all kinds are often destroyed. In addition to the immediate destruction that war brings to human life and economies, the effect on human health is magnified when infrastructure is destroyed.”

FROM A VISION TO A LOGISTICAL PLAN

Dr. Barkett would continue to practice orthodontics for nearly 10 years after his poolside reflections on the potential of music as a tool for promoting world peace. He had developed a concept reflecting his conviction: An international song-writing contest that would accept musical submissions from writers worldwide on the themes of peace, love and tolerance.

“I didn’t know exactly how to put something like that together,” he says. “But I practice Qui Gong (a Chinese exercise form) at the beach regularly, and one day a professor with expertise in writing joined our group while on vacation here.”

The professor helped him develop a comprehensive document laying out a plan for the contest. The competition is designed to start on the city level, with winners progressing to the state, national and international levels. The proposal reflects Dr. Barkett’s large vision for the competition.

“By involving people throughout the world in composing songs about peace, voting for their favorite songs about peace, and attending concerts of musicians performing songs about peace, the goal is to rapidly increase the number of people focusing on peace, considering it in serious ways and discussing its importance with the people in their lives,” says Dr. Barkett. “By enlisting thousands of creative and talented people and influencing millions more, the contest can become a tipping point*, a way to focus more of the world’s energy on peace rather than on conflict.”

The Vero Beach Rotary Club and Songs for Peace sponsored a recent concert in Vero Beach, featuring The Atlantic Children’s Chorale (right) and the Atlantic Schola Cantorum Orchestra.



CHANGING RETIREMENT PLANS

As the contest proposal took shape, Dr. Barkett was planning to retire from orthodontic practice. He was looking forward to a life of leisure and more time with his wife, Sue, and their adult children. Their son, Dr. George Douglas Barkett, is a (now retired) orthodontist in San Diego. Daughter Andrea Barkett is an attorney in Florida.

“I wanted to fish and play tennis after retiring,” says the senior Dr. Barkett. “But I didn’t want the song-writing contest idea to die. After I retired, I began presenting the plan at international meetings of various organizations, but I could not find one whose leaders felt they had the resources and ability to take it on and build it into a significant program. So, I decided to try to do that on my own.”

As Dr. Barkett retired from orthodontic practice, he also realized how helpful the Internet could be in his cause. He launched the Songs for Peace Web site, www.songsforpeace.net, posting song submissions on the site. The site also provides information about the contest and how to enter. Interest in it has grown slowly but steadily. It now receives about 200,000 hits per month and has been ranked in the top five results on Google for *Songs for Peace*.

“We get about 30 to 40 song submissions per year,” says Dr. Barkett. “To become a well-recognized competition, we would need to have many more submissions and offer large prizes of \$20,000 or more. I am now beginning plans for fund-raising and have begun selling banner ads on the Web site to help raise money for prizes and to promote the contest. I would especially like to receive a submission of a song that teaches children the alphabet and also promotes peace.”

A former employee of Dr. Barkett’s, Linda Carlson, has begun assisting him with development of an electronic newsletter and plans for social network promotion via outlets like Facebook and YouTube. Former Rotary International employee Candy Isaac is also assisting Dr. Barkett.

CONCERT HELPS PROMOTE SONGS FOR PEACE

The Vero Beach Rotary chapter has provided some assistance to Dr. Barkett, including joining with Songs for Peace in presenting the area’s first Concert for World Peace in March of this year. The concert featured The Atlantic Children’s Chorale and Atlantic Schola Cantorum Orchestra under the direction of Dr. Jose Daniel Flores.

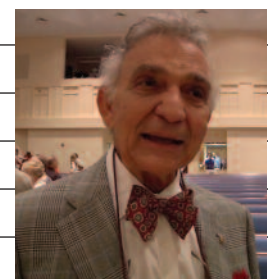
The songs performed during the concert were not written specifically for Songs for Peace. Highlights of the program included “Mass of the Children” by John Rutter, “Paz en la Tierra” by Francis Schwartz, and the world premiere of “Painting Eden” by Carlos Daniel Flores. The program also included compositions representative of different countries and cultures.



Entrants have posted videos of their song entries on Songsforpeace.net.

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Dr. George Barkett



Your benefits as an AAO retired member

VALUE OF AAO MEMBERSHIP CONTINUES INTO YOUR RETIREMENT

As a retired member of the AAO, you continue to receive many of the same benefits and services as you did when you were an active member, plus you receive a few extra perks. First, your AAO membership is provided at no charge to you, in honor of your years of service to the specialty. In addition, you enjoy free registration for the AAO Annual Session, when registering by the early deadline.

You also continue to receive:

- ▶ 24-hour access to the AAO member Web site, www.AAOinfo.org, which is complete with information and resources for members;
- ▶ Regular publications, both print and electronic, that deliver news about the specialty and orthodontists – *New Dimensions* is designed especially for you;
- ▶ A discounted subscription to the *American Journal of Orthodontics and Dentofacial Orthopedics* (AJO-DO) for \$33 per year (contact Sherry Nappier,

manager of membership services, at 800-424-2841, ext. 518, or snappier@aaortho.org);

- ▶ Access to the AAO reference library through www.AAOinfo.org;
- ▶ Other benefits, including:

Quotes on AAO-endorsed long-term care insurance;

Access to AAO-approved Medjet Assist, a medical evacuation service for travelers;

Discounted access to Oakstone Inc. continuing education products.

For more information on these endorsed and approved programs, visit the AAO member Web site, www.AAOinfo.org. Through its programs and offerings, the AAO helps you stay connected to a network of thousands of active and retired orthodontists around the world.

Your retiree membership in the AAO renews automatically every year.

Musical Peace Project... | Continued from page 10

“The songs featured in the concert were wonderful,” says Dr. Barkett. “They have beautiful, interesting, exciting messages. They also reflect styles from various parts of the world, and I think it is good for us to be exposed to music that is different rhythmically and stylistically from our own music.”

For all his love of music, Dr. Barkett has had no musical training, but feels strongly that exposure to a wide range of music – especially music with messages about peace – is especially important for children.

“I can’t read music,” he says. “I have purchased a variety of instruments, including drums, a guitar and a flute, and I try to play a little. But I have great respect for musicians of all types.

“Ghandi said, ‘For real peace, teach children about peace,’” adds Dr. Barkett. “It may be very difficult for older people in conflict-ridden parts of the world to put aside their lifelong feelings. Younger people and children may have less resistance to the message of peace, though. And they respond enthusiastically to music. I truly believe that music can be a catalyst for peace.”

For more information, visit the Songs for Peace Web site www.songsforpeace.net.

Malcolm Gladwell’s book, The Tipping Point: How Little Things Can Make a Big Difference, presented examples of major sociological and behavioral changes, ideas and product popularity that reached a critical threshold, then spread on a mass scale.



American Association of Orthodontists

The AAO and the eight constituent organizations make it easy for you to reconnect with old friends and colleagues. The organizations offer great destinations, excellent programming and exciting social events through their annual conferences. Even better, you can register for the AAO Annual Session at no charge before the early registration deadline.

**Midwestern Society of Orthodontists
Annual Session & 7-Day Alaskan Cruise**

August 4-11, 2012 ▶ Holland America's Westerdam

INFORMATION: <http://www.msortho.org/>

**Great Lakes Association of Orthodontists
Annual Session**

October 11-14, 2012 ▶ Indianapolis, IN

INFORMATION: <http://glao.org>

**Middle Atlantic Society of Orthodontists
2012 Annual Session**

September 20-23, 2012 ▶ Baltimore, MD

INFORMATION: <http://www.maso.org/>

**Southwestern Society of Orthodontists
2012 Annual Session**

October 25-28, 2012 ▶ Oklahoma City, OK

INFORMATION: <http://www.swso.org/>

**Southern Association Orthodontists
2012 Annual Meeting**

September 26-30, 2012 ▶ Asheville, NC

INFORMATION: www.saortho.org

**Northeastern Society of Orthodontists
91st Annual Meeting**

November 8-11, 2012 ▶ New York City, NY

INFORMATION: <http://www.neso.org/>

**Pacific Coast Society of Orthodontists
A Century of Smiles: PCSO Centennial 1912-2012**

October 4-7, 2012 ▶ Monterey, CA

INFORMATION: <http://pcsortho.org>

**American Association of Orthodontists
113th Annual Session**

May 3-8, 2013 ▶ Philadelphia, PA

INFORMATION:

available October 2012 at <http://www.aaoinfo.org/>

Finding the “Right Time” to Give Back

I first heard about the Keystone Society many years ago and thought, “That would be a nice thing to do someday, when the time is right.”

That time presented itself in the form of an e-mail from my friend and AAO past president, Dr. Bob Bray, now AAOF national planning giving chair. When Bob asked if I had considered the Keystone Society, I said, “yes.” When I asked myself why I had not yet made that commitment, I had no answer. Our two children were grown, educated and gloriously self-sufficient. Why not now?!

**“FOR EVERYONE TO WHOM MUCH IS GIVEN,
OF HIM SHALL MUCH BE REQUIRED.”***

We have been given so much from this wonderful specialty. Indeed, joining the Keystone Society is more than just a nice thing to do; it is the right thing to do.

The above article was provided by Dr. Christopher Roberts, AAO trustee representing the Great Lakes Association of Orthodontists. Individuals who have made the commitment to include the AAO Foundation in their estate plans are considered members of the Keystone Society. For more information, visit the Estate Planning and Planned Giving section of the AAOF Web site, www.aaofoundation.net. Or, contact Robert Hazel at 314-993-1700, ext. 546.

**The Gospel of Luke, 12:48*