First Endowed Scholarship Awarded

OSURA awarded scholarships to five outstanding students at May’s Annual Meeting, including the first scholarship funded solely with earnings from the OSURA endowment established with the OSU Foundation in July 2012. The five students will receive $1,000 each for the 2013-14 academic year. [More on Page 5]

OSURA Kicks Off Year With Golf and Dinner

OSURA kicked off its Fall season under sunny skies at the 10th Annual Golf Tournament and Fall Social on September 10th at the Trysting Tree Golf Club.

Over 70 OSURA members and their guests enjoyed socializing and dining, with 40 participating in the afternoon golf tournament. Guest speaker Raul Vera, Executive Chef for OSU Athletics, charmed the audience with his enthusiasm and experiences about “fueling” OSU athletes. [More on Page 3]

Trysting Tree provided a sumptuous barbecue dinner, hosted by golf pro Sean Arey. Earlier in the afternoon Sean offered a short lesson on the driving range using woods and irons.

The evening concluded with raffle prize drawings of items and services donated by generous sponsors.

Golf tournament winners were Dave Chilcote and Sandra Wess (closest to pin); Gary Meddaugh and Barb Whitney (longest drive); Barb/Mark Whitney and Mickey McCreery/Pat McLaughlin (low gross score); and Cy/Cynara Stadsvold and Jim Krueger/Len Butterfield (low net score).

The event was organized by Golf Committee members Carol Kronstad (chair), Gary Meddaugh, Dave Chilcote, Jack Ross, Murray Laver, Tony VanVliet and Barb Whitney.
Greetings from your new OSURA President! This is a position that I am honored to assume. As I begin my tenure, I want to comment on OSURA’s mission - to promote collegiality among OSU retirees and OSU, by providing opportunities for ongoing intellectual stimulation, social interactions, and service to the university. My presidential predecessors have worked diligently to guide OSURA to an organization that we are proud of, as we are of OSU. Jim Krueger, the immediate past-president succinctly noted in the Spring 2013 issue of OSURA News and Views, that OSURA has created a ‘value center’ where the retired faculty and staff can continue to assist OSU. The success of OSURA is also due to your many committed colleagues who volunteer their time and talents serving on the Board of Directors. Your membership in OSURA is a means to demonstrate to OSU that you remain supportive and you have a means to sustain the many friendships developed while working. So, my goal for the 2013–14 year will be to continue the enhancement of this value center, known as OSURA.

Critical to OSURA is promoting and enhancing Oregon State University. We are currently supporting undergraduate scholarships to students that are interested in pursuing careers in healthy aging. The quality of the scholarship recipients is outstanding. Have you visited the OSURA homepage (oregonstate.edu/osura/home)? If not, please visit us online to learn about these students and the other OSURA activities.

OSURA Committees have many different activities and offerings planned for the upcoming year. Already we’ve had our first social and annual golf tournament, several volunteer events, and a presentation on the Affordable Care Act. Other events are planned (OSU Theater, women’s gymnastics and basketball, and trips, etc.), so watch your emails! Supporting OSU by volunteering is a benefit of membership in OSURA. Opportunities to volunteer at OSU include the Flu Clinics, Career Days for the students, and Training Days for the staff. Please contact the OSURA office if you are interested in donating a few hours of your time.

OSURA’s efforts could not be sustained without the commitment and financial support from Vice President Steve Clark of University Marketing and Relations. Special acknowledgements are also extended to Kelly DiCristina, Event Coordinator, who ensures that OSURA functions efficiently and Shelly Signs, Director of University Events.

During your career, you developed a sense of pride and commitment to advancing OSU and those attitudes should not end with retirement. If you have suggestions or ideas to enhance OSURA, please share them with any board member or me. Together, we can all have fun.

Wishing all of you a wonderful fall and I look forward to seeing you at an OSURA event.

Tom Savage, President of OSURA, 2013–14

POWERED BY ORANGE

Are you an OSURA member?

Being an OSURA member is a great way to stay connected to OSU and friends at the university. Look at the form on the back of this newsletter to see if your membership is up to date.

Memberships are $20 individual/$30 household and checks can be made out to OSURA/OSU Foundation. Membership forms and membership status can also be found on our website at: oregonstate.edu/osura.
Chef Raul Vera Engages OSURA Audience

“Chef Raul”, a fast-moving and energetic speaker, conveyed his enthusiasm for Beaver athletes and OSU as he talked about how to feed and educate OSU student athletes about nutritional choices during their on-and-off seasons. A Culinary Director with Sodexo, Vera has been with OSU Athletics since 2004 and is responsible for all training table meals, as well as concessions and catering in Reser Stadium. Sodexo is the contract food service for OSU Athletics.

Vera travels with the OSU football team to away games, overseeing the team menu and food safety and quality during that time. He claims no responsibility for impromptu stops at In and Outs or other fast food places. Emphasizing the importance of athletes getting their calories through healthy nutrition, Chef Raul views himself as an educator, teaching student athletes how to choose the optimum foods for their workout and performance needs. Vera also meets with the parents of each new recruit, reviewing the food and nutrition philosophy of OSU Athletics and what their sons and daughters can expect for their “fuel” as Beaver athletes.

When asked about the latest trends in “Super Food”, Vera answered in a word, “Kale.” He then described how he entices athletes to eat a food like kale, a high powered vegetable that might not have been a regular part of their previous diets.

Many thanks to the local businesses who donated raffle prizes for the Golf Tournament and Fall Social on September 10 at Trysting Tree Golf Club. Please show your appreciation by patronizing these businesses and thank them for their support.

The Barbers, Corvallis – Grand Prize
Trysting Tree Golf Course, Corvallis (Jacquie Wirth, Bob Janes, and Sean Arey)
Mallard Creek Golf Course, Lebanon

Chef Raul’s Kale Sauté

OSU Athletics Executive Chef Raul Vera shared this simple recipe for preparing kale.

**Ingredients**
- 1 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

**Directions:**
1. Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

What’s Happening?

**Oct. 30**
**Travelshare Interest Group**
OSU Foundation Board Room
3 p.m. Peru and the Amazon
RSVP 541-737-4717

**Oct. 31**
**How Hearing Loss Affects Your Health**
OSU Foundation Board Room
3–5 p.m. Presentation & Panel Discussion
No RSVP required

**Jan. 25**
**Women’s Gymnastics**
5 p.m. Dinner & Speaker, LaSells Stewart Center
7 p.m. Gymnastics Meet, Gill Coliseum
Reservation required TBA

**Feb. 14**
**Women’s Basketball**
5 p.m. Dinner & Speaker, LaSells Stewart Center
7 p.m. Basketball Game, Gill Coliseum
Reservation required TBA

**Feb. 19–20**
**Winter Career Fair**
Volunteer Opportunity
RSVP to sueborden@comcast.net

**Feb. 23**
**OSU Theatre, “How I Learned To Drive”**
12:30 p.m. Backstage Presentation,
Withycombe Green Room
2 p.m. Theatre Production, Withycombe Theatre
Details TBA

**Apr. 23**
**Spring Career Fair**
Volunteer Opportunity
RSVP to sueborden@comcast.net

**May 7**
**Spring Social & Annual Meeting**
2:30–4:30 p.m.
OSU Foundation Board Room
RSVP Requested TBA

Hear Ye, Hear Ye...Or Do Ye?: How does hearing loss affect your health? Come and learn more on Thursday, October 31, 3:30–5 pm, in the OSU Foundation Board Room. Presentation will feature guest speakers Ron Leavitt (Au.D) and Colette Welch (Audiology Assistant and 2012 OSU graduate), together with a panel of long-time hearing aid users. Hearing loss has been found to be more than a benign irritant or inconvenience. Speakers will review and discuss current research on ways hearing loss can cause unexpected health problems. This event has been organized by the OSURA Program Committee, and is not a commercial presentation.
OSURA in Public

Ever wondered how OSURA promotes itself at OSU events? Here’s a photo of our OSURA display at the CH2M HILL Alumni Center for the University Day Expo on September 19. This display board, along with OSURA recruitment freebies, is used for member recruitment at various university employee events. Thanks to Terri Tower, our New and Views editor, for maintaining a current and informative display.

Miner and Poole Recognized

Betty Miner and Susan Poole were recognized as OSURA Volunteers of the Year at the May Annual Meeting.

Betty Miner has been an active OSURA member for several years. As part of the Member Services Committee, Betty organized March’s very successful nutrition talk by Malinda Manore, “Rethinking Your Energy Balance”. Betty also served as a valuable member of the planning group for the November Judith Horstman lecture, “The Healthy Aging Brain”, taking responsibility for the challenging task of media contacts.

Susan Poole is a poster child for “being involved”, not just for OSURA, but also for many other community organizations. Susan completed a six year term on the OSURA Board in May 2012, making this her first year to be eligible for the Volunteer of the Year recognition. While on the Board, Susan served as Scholarship Chair and in the three-year rotation of President-Elect, President, and Past President. This year she contributed over 12 hours for OSURA volunteer activities, and organized the first-ever “OSURA Past Presidents Luncheon.”

New Board Members Begin Terms


Jack Drexler and Barbara Moon were elected to the OSURA Board of Directors at the May Annual Meeting. Their 3-year terms will run from 2013-2016.

Barbara Moon joined the OSU staff in 1985 as Assistant to the Director for the Oregon Alliance for Program Improvement, an outreach program within the College of Education. She later moved to Continuing Education where she served in various leadership positions, retiring in 2002 as the Executive Director of Educational Outreach. Barbara worked closely with “early adopter” faculty to produce distance learning courses and with community colleges to develop 2+2 degree programs. She was also involved with the early development of the Bend program, which later evolved into the OSU Cascades branch campus. Since her retirement, Barbara has completed the OSU Master Gardener program, has served as president of OSU Folk Club and is currently chair-elect of the OSU Folk Club Thrift Shop.

Upon completion of his Ph.D. in Organizational Psychology in 1975, Jack Drexler worked at Battelle Memorial Institute’s Seattle Laboratory and as an adjunct faculty member at the University of Washington. He was hired as an assistant professor of management at Oregon State University in 1983, and retired as Associate Professor Emeritus in July 2012. During Jack’s last nine years at Oregon State he served as Chair of the Department of Management, Marketing and International Business and then as Associate Dean for Faculty.

Special thanks go to Mary Ann Roberts and Carroll DeKock who made significant contributions within the OSURA leadership while serving on the Board.
Meet the Winners!

These five outstanding OSU students are the recipients of the 2013–14 OSURA scholarships. OSURA scholarships are awarded to undergraduate students engaged in academic studies leading to careers that promote healthy aging.

Alexander Boyd is an Honors College senior in pre-pharmacy. Alexander is from Eugene and expects to complete his undergraduate degree in June 2014, while concurrently enrolled in the first year of his OSU Doctor of Pharmacy (Pharm D) program. Alexander’s goal is to become an ambulatory pharmacist, stating “I plan to promote healthy aging by assisting my older patients with medication management and education. In today’s world, these are essential components of combating disease and chronic conditions and living a healthy lifestyle.” Alexander has been involved in various extracurricular activities, and is the recipient of other scholarship and honor society recognitions.

Deepthika Ennamuri, an Honors College senior in biochemistry and biophysics, comes from Portland. She carries a minor in psychology. As an undergraduate, she has been active in summer research programs with the Howard Hughes Medical Institute, the National Science Foundation, the Linus Pauling Institute, and the Oregon Health Sciences University (OHSU). In addition to her leadership involvement with OSU student organizations, Deepthika has been active in community service with Benton County Hospice, as well as volunteering at Providence St. Vincent Hospital and working as an international classroom teaching assistant. She plans to attend medical school after her OSU graduation in June 2014, with the goal of becoming a primary care physician. She says “I feel that the key to healthy aging is a combination of a healthy lifestyle, preventive care, and adequate resources, all of which are components that a primary care physician may provide his or her patient.”

Claire Ostertag-Hill, also an Honors College student, is enrolled in three concurrent degree programs in biology, international studies (biology), and psychology, with a minor in chemistry. Claire is from Portland and plans to complete her multiple degrees in June 2015. She is an undergraduate research assistant in the College of Veterinary Medicine, investigating genetic differences between bovine herpes viruses. Claire is a peer facilitator in the OSU Academic Success Center, as well as a student leader within INTO OSU. Her community volunteer activities include being a clinic coordinator for the Community Outreach Medical Clinic and a contributor at a medical center for fragile children. Claire’s goal is to obtain advanced degrees in cellular or molecular biology, or in cancer biology. She’s particularly interested in pediatric diseases, and says in her essay, “As many older-age health problems are rooted to some degree in early life experiences, I hope to initiate the promotion of healthy aging as early as possible through a strong focus on prevention and education.”

David Shumway, a senior in the Honors College, is studying toward a degree in biology with a medical humanities certificate. From Tualatin, David plans to graduate from OSU in June 2014 and then continue to medical school. His extracurricular experiences include a preceptor internship at the Corvallis Clinic, an ongoing undergraduate research position in a biogeochemistry lab with the College of Earth, Oceanic and Atmospheric Science (CEOS), and a supplemental leadership role in a freshman biology class. David is active in his fraternity and in the OSU Premedical Society. He writes, “In my future career, I would like to continue to understand more about the root causes of aging to help ease some of these issues for my patients. I also feel it is especially my duty to participate in reforming the healthcare system and guarantee better care for every elderly American as they enter the next portion of their lives.”

Kaitlyn Traynor, a senior from Cascade Locks, is majoring in general science (pre-dentistry) with a minor in chemistry. Kaitlyn will graduate from OSU in June 2014, then plans to attend dental school. Among her diverse work and volunteer activities, Kaitlyn has been an intern at the Boys and Girls Club of Corvallis Dental Clinic, volunteered at the Corvallis Chintimini Senior Center, worked as a zoology department lab assistant, tagged fish hatchery salmon, and served in a leadership role for the OSU Pre-Dental Club. In her scholarship essay Kaitlyn wrote, “As a future dentist, I plan to promote healthy aging through preventive care education and take a conservative approach to treatment.” As a result of her volunteer activities with the Senior Center, Kaitlyn said she gained a broader perspective and sensitivity to senior citizens who have had negative experiences in dental treatment.
I/We would like to renew/begin a membership with OSURA. Membership dues are $20 for an individual or $30 for a household. Donations to the Scholarship Fund and Scholarship Endowment are gladly accepted and may be included with membership dues. Please make checks payable to OSURA. Membership year runs from July 1 – June 30.

Name

Department

Retirement Date

Household Member

Department (If applicable)

Retirement Date

OSURA Annual Dues:

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2013-2014
Annual Dues: ______________
Scholarship Fund: ______________
Scholarship Endowment: ______________
Total: ______________

All OSURA members will be listed in the OSU Retirees Directory.

☐ Check here if you would prefer your name not be listed.

Address:

Street

City

State

Zip

Phone Number:

Email The BEST way to receive notices and event announcements!

Please return this form to OSURA, 205 Adams Hall Corvallis, OR 97331. For questions call: (541) 737-4717 or email: osura@oregonstate.edu.