

OSURA NEWS & VIEWS

OSURA Member Profile: Terri Tower

Contributed by Susan Poole



Some OSURA members have years of service to Oregon State University, but, Terri Tower, our OSURA president from 2010-2011 has a relationship with OSU that extends for decades. Terri served on the OSURA Board for seven years. In addition to being president, she held the positions of Volunteer Coordinator, Newsletter Editor and Program Committee co-chair. She still serves on the Program Committee because, as she proclaims, “I like to organize activities.” But this comes later in the story of Terri’s journey with OSU.

Although a native-born Oregonian, Terri grew up in Washington State’s Okanogan and Methow

(Met-how) valleys along the east side of the Cascades, where her father was a Forest Service smokejumper pilot. It was there that Terri, with her parents and two older brothers, lived and thrived. She grew up with wonderful outdoor freedom, which later would inspire her to travel and work abroad.

After her father’s transfer to Portland, Terri attended Reynolds High School, where she graduated in 1965. She followed her brothers to Oregon State that fall, graduating in 1969 with a BA in Humanities and Social Sciences as an English major. Fond memories of being an undergraduate stemmed from her involvement with student government, student activities and other out-of-classroom experiences, such as ASOSU Senate, AWS and Mortar Board. These formed a foundation for her subsequent expertise and desire to work at the college level in out-of-classroom education. Terri quipped that she “had more hours in meetings than she did for classes” during her junior year. Academic courses formed the backbone for language arts and journalism teaching.

Following her graduation from OSU, Terri studied at Portland State for two years in a graduate anthropology program. Marriage interrupted her academic study, and she moved back to her treasured Methow Valley for the next four years. Eventually she



OSURA Mission Statement

The Oregon State University Retirement Association (OSURA) promotes engagement among OSU retirees and between retirees and the University by providing information, programs, scholarships and volunteer service opportunities that contribute to a rewarding retirement and that support the University’s mission.

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returned to school at Eastern Washington University and earned her secondary teaching credential. Next came teaching high school-level language arts and journalism at Liberty Bell High School. After the end of her married life, Terri traveled to Jakarta, Indonesia to visit family. While there, she was hired as a secondary teacher (language arts, journalism) at the Jakarta International School for 2 1/2 years.



Terri returned to her first alma mater in 1978 for a Master's Degree in College Student Services Administration (CSSA). She credits this return to OSU to JoAnne Trow, who had served as an advisor for various student groups Terri remembered from her undergraduate years. Terri recalled that Dr. Trow [then Dr. JoAnne Johnson, Dean of Women] was a key part of an academic graduate program [CSSA] for those who wanted to work in the student services part of higher education, so Terri wrote to JoAnne from Indonesia to inquire about the program.

During her two-year graduate program, Terri had an assistantship as a live-in advisor for the Azalea House cooperative. She received her Masters in Education in 1980. Her OSU saga continued when she became the Area Coordinator with OSU's Department of Student Housing and Residence Programs from 1980-83, including as a live-in residence hall director for West International House. Terri then relocated

to New York State, where she had positions with the Department of Residence Life at Cornell University in Ithaca from 1983-1989, including positions as residence life area coordinator, contracts and assignments and conferences.

As you might have anticipated, Terri returned to Oregon State (as she says "what, again?!") - in 1989 as Asst. Director of Residence Life; where she worked in various capacities with University Housing and Dining Services from 1989 until her retirement (whew!) in June 2006. Some of her positions included residential life, contracts and assignments, conferences, student family housing, and special projects. One of Terri's favorite memories of her time at OSU was being one of the two people, along with Laurie Bridges, who led the research for the naming of Carrie Halsell Hall. "We started with an idea and a photo in the yearbook and took it from there - primary resources, dozens of telephone calls, hours digging through historical records, etc. Amazingly we were able to track down a married name and piece together much of her life story and the role she played in promoting student success at other universities. Through our efforts, we were able to leave Carrie's mark on a building."



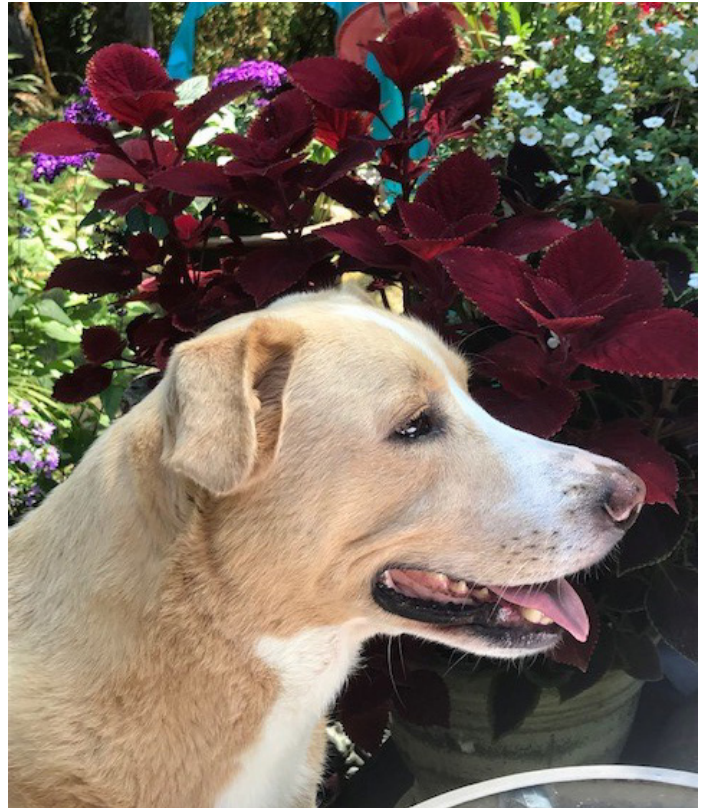
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While visiting Terri's rural Benton County home for her interview, in the remarkable surroundings of her exquisite backyard, some of her pastimes and hobbies were evident: dogs, backyard bird feeding, collecting "stuff" (especially blue and white Staffordshire English china), buying and selling on eBay, fundraising on eBay and Craigslist for her P.E.O. chapter, family history/genealogy, reading, jigsaw puzzles, word puzzles and Sudoku.

If you've done the math, Terri has spent 39 years in and around OSU and Corvallis during three different time periods. "Sometimes it seems like I never left," she says. This past June, she celebrated her College Golden Jubilee-reunion. "Because I've spent so many years at OSU, it wasn't really coming back to remember, it was more of a continuation."

OSURA is fortunate to have Terri Tower as an inspirational leader among us.



More about Terri Tower:



Favorite Travel Locations: Great Britain, Singapore, Bali, Australia, Methow Valley



Last book read & recommended: American Nations, Colin Woodard (2012) — stimulating perspective on European colonization of North America and how each of his identified "nations" affected world views, political inclinations, and philosophies that shaped US government and carried into our contemporary political scene.



Favorite Corvallis restaurant: China Delight; especially Cashew Chicken (Gluten Free!)



Advice to prospective and new retirees: Save money! Make sure you're financially solvent before retiring. Retirement isn't less expensive than working, especially if you have expensive hobbies and activities. Sometimes you have to choose between fun stuff (like travel, special purchases) and necessary stuff like house repair and maintenance. It's not always possible to do it all.

In Memoriam: Roy Arnold

1941-2019

Contributed by Chris Mathews



The OSU community lost one of its most respected senior leaders on September 22, when former Provost Roy Arnold succumbed to a long and courageous battle with cancer.

Roy's life centered on two locations — his native Nebraska and the OSU campus. As

a boy, he lived on his parents' farm and attended a one-room school. Later, as a student at the University of Nebraska, he graduated in 1961 with a major in Food Science. Graduate study brought him to OSU, where in 1967 he completed his doctoral studies, also in Food Science.

Back to the University of Nebraska he went, as Assistant Professor of Dairy Science. Subsequently he rose through faculty and administrative ranks, eventually to Vice Chancellor for Agriculture and Natural Resources. His success in these roles caught the eyes of OSU leaders, who had never forgotten him, and in 1987 he returned as Dean of the College of Agriculture. In 1991, he was promoted to Provost and Executive Vice President. Despite his increasing involvement in academic leadership, his efforts in the research laboratory sufficed to lead to his election as a Fellow of the AAAS.

The early 90's were hard times as OSU and other Oregon Institutions grappled with Measure 5, the infamous property tax limitation initiative. Despite managing with limited funds, Roy was able to oversee creation of the University Honors College, the Ethnic Studies Department, and the dual-admission program for OSU and Oregon's community colleges.

Roy's health issues led him to reduce the scope of his activities, and in 2000 he became Executive Associate Dean of the College of Agriculture. In 2006 he retired, but continued to serve OSU in various ways — most notably through his leadership in planning and executing OSU150, our sesquicentennial celebration.

I always enjoyed my interactions with Roy. He was consistently cheerful and supportive, even when dealing with thorny issues.

My most memorable episode with Roy occurred in the mid-90s, during an OSU presidential search. One day I received a call from a member of the search committee. They were organizing a joint interview process for a half dozen semifinalists, to be conducted at the Portland Airport. Each candidate was to be assigned to a host, who would shepherd the candidate from one interviewing group to the next, and who would entertain his/her assigned candidate between meetings.

So I agreed to be a host, and on the appointed day I drove to PDX, wondering who my candidate would be. I don't remember which of us was more surprised to learn that I had been assigned to host Roy Arnold. As it happened, we had a delightful afternoon together, with nonstop conversation during the intervals between his meetings. When the interviews extended into the evening, we had dinner together. Although we knew that OSU was paying all costs of the search, Roy insisted that we go to MacDonald's. And we had a lovely dinner. That is the sort of person he was. Unassuming but effective.

Roy Arnold is survived by his wife, Jane, daughters Jana Hoffman and Julie Saldi, and two granddaughters.

President's Message

By Mike Schuyler, OSURA President



Welcome to a new academic year!

I enjoy seeing the students arrive back on campus — although I look forward to it more now that I am not actively teaching. I get a kick out of seeing the veteran students reacquainting themselves with friends and the new students, so eager and confused, wondering where things are and whether they are missing something important. I still recall the days when I arrived on the Cal campus, walking around with the inch-thick schedule of classes and being puzzled as to how I could sign up for what I wanted. Fortunately, an older student pointed me to the appendix which described the mass registration process which had been proceeding without me for two days in the gym. Fortunately for us all, those days are long gone.

OSURA resumes its service role very soon, if not already. Our dedicated board members and committees resume their activities and welcome any ideas from others. If you are not familiar with the business of the Association, please look over the website at OSURA.OregonState.edu. And, consider becoming more involved if that appeals to you.

My path to my current role was unusual. Previous presidents came from the OSURA board, but in my case, I had not served on either the board or committees. I joined OSURA after retiring in 2003. Over the years I had participated in various OSURA service events – flu and vaccine shot clinics, campus clean-ups, and educational events like Evergreen Aviation, lectures, retirement workshops – but it took an invitation from Chris Mathews to consider a more formal role. Now, with his tutoring, along with Tom Plant's and Jack Walstad's, I learned how OSURA works. All our thanks, too, to the OSU Administration for the financial and personnel support that makes our actions possible.

I hope to see you at one or more of our events this year.

Mike Schuyler
OSURA president 2019-2020



OSURA Visits Urban Horticulture Center

Contributed by Bobbi Hall



The air was abuzz— not just from the bees, but from the excitement of OSURA members who had donned protective bee bonnets and eagerly awaited the opening of the bee hive. Seeing the inside of a hive was one of the highlights of OSURA's April tour of the Oak Creek Center for Urban Horticulture (OCCUH), located on the southwest side of campus off SW 35th street. We had an inside look at honey

a classroom where horticultural professor James Cassidy— who started OSU's very popular Organic Growers Club almost 20 years ago— was meeting with organic gardening students.

On the morning when OSURA members were at the Center, students were working with “broad rakes” in the fields, where all the work is done by hand. By not using machines, students learn the fundamentals of soil management, tilling, and planting. This does not assume, however, that they will always forego machinery. Just a few years ago the urban horticultural farm committed to being totally organic. The OCCUH is used extensively as a horticulture



bees, their hives, and their lifestyles. Honey bees leave their hives only when the weather is relatively warm and dry, and if their hives are opened with a steady hand, they don't object to being examined. To let us see a Queen, bee specialist Ellen Topitzhofer gently lifted a cluster of bees with no fear and minimal coverage. In addition to these modern hives, the farm has a working display of historic hives, plus water and plants that bees depend on.

Our tour guide, Cody Buckman (OCCUH's on-site manager) guided us throughout the morning. We were in the greenhouses, out on the fields, and into



OSURA Visits Urban Horticulture Center

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laboratory for Oregon State's Department of Horticulture in the College of Ag Sciences. The Oak Creek Center cooperates extensively with various landscape and horticultural companies such as Peoria Farms and Stahlbush Island Farms, which recently donated a truck-load of compost. According to Cody, a company sometimes will donate usable equipment it has replaced, and occasionally cash. In return, companies benefit by having access to potential employees who are skilled and ready to work. Sharing information about the industry happens in many ways, including through professional organizations. Sometimes this results in experimenting with new plants. "We're plant geeks, we can't say no to accepting plants that are offered to us," Cody reported.

Plants from the Center's garden can be seen around campus. This includes milkweed, which is the food needed by Monarch butterflies. The Center is developing plans to raise Monarchs in response



to the decline in the species. The status of bees is also a concern, which can be injured by insecticides and by habitat and food loss. Additionally, the farm pays close attention to its reliance on plastics that require replacement, since their disposal poses an environmental problem. To keep plastics in greenhouses to a minimum, the farm uses a high quality 6 mil plastic that darkens over time but can last for 4 or 5 years. Small plastic growing pots also pose recycling problems, not just for the Center but for all of us who purchase plants for our gardens.



OSURA Visits Urban Horticulture Center

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OSURA members of the tour were treated with gardening tips: No-till farming, Cody said, has good features but a down side: it creates an environment where slugs thrive. Water conservation can be aided by using drip lines on a row of early-maturing Stupice tomatoes. Regulating water is good for the environment but also for plants. They need ample water when young but watering is reduced to 2 hours once a week when the number of tomatoes on each plant reaches its peak. Watering stops altogether when the last tomatoes appear. Similarly, plants such as peppers and squashes should not be over-watered either. The amount of organic matter in the garden should be about 5% of the soil. Cody warned against providing a few inches of compost, about a half inch is better.

A relatively new idea gaining popularity is called “messy gardening.” This means letting different plants share some space in the garden, not just the primary crop. This concept was much talked about at a recent pollinator summit, which drew people from across the continent.

Students also learn to market their garden products as part of their educational experiences. The Center used to sell produce on Fridays on campus, but now the students sell at farmers markets instead. They also sell 25 CSA (Community Supported Agriculture) boxes each summer season.

The April OCCUH tour was organized by OSURA's Program Committee, thanks to Bobbie Hall and Terri Tower.



Congratulations to our 2019-20 OSURA Scholarship Recipients



2019-20 Scholarship Recipients: (from left to right) Christina Cafferata, OSU President Edward J. Ray, Alexandra Zinn, Jasmin Yang, 2018-19 OSURA President Christopher Mathews, and Isabella Karabinas. Recipients missing from photo: Alaina Holm and Vincent Ngo.



Christina Ann Cafferata is a University Honors College Junior from Sacramento, California. Her major is Kinesiology, with an option in Pre-Therapy and Allied Health, within the College of Public Health and Human Sciences. She has an excellent academic record and strong involvement in research, as well as volunteer and university activities. Her extensive undergraduate research (including being a contributor to two publications) and volunteering with children with disabilities, on campus, as well as adults (including geriatric patients), off campus, have given her significant directed experience. Christina feels being a Physical Therapy Professional will put her in an excellent position to contribute to healthy aging of individuals throughout their lifetimes. She wants to address both the mental and physical aspects of healthy aging. Consequently, she plans to use compassion and active learning in conjunction with specific physical therapy procedures

to make her patients feel comfortable and motivated to accomplish their goals.



Alaina Holm is a junior from Manzanita, Oregon. She entered OSU as a Music major, but now is majoring in Psychology with a minor in Chemistry. She has compiled a splendid academic record across all the coursework she has taken, such that she was invited to join both national honor societies, Phi Kappa Phi and Phi Beta Kappa, in her junior year. Alaina has worked on campus as a tutor to student athletes and as a laboratory technician in the Anthropology Department, organizing artifacts from previous digs. She has volunteered in a number of contexts, most recently as a hospital aide and as a part of the OSU Cultural Ambassador Conversant Program. She looks forward to a career as a psychiatrist.



Isabella Karabinas is a junior from Central Point, Oregon. She will graduate in 2020 with majors in Biochemistry & Molecular Biology and Psychology plus a minor in Chemistry. She has a wide range of research and work experience, from interning at the Liston Laboratory as part of a Rockefeller scholarship to job shadowing at New York Presbyterian Hospital. She has been an outstanding Research Assistant in two labs on campus. She continues as a Resident Assistant in OSU Housing as well as volunteering at Corvallis Caring Place and Community Outreach, Inc. She is an OSU Honors student, a Phi Beta Kappa member, and Chapter Co-President of the National Society of Leadership and Success.



Vincent Ngo is a junior from Portland, majoring in biology and planning to become a primary care physician. He has demonstrated contributions toward healthy aging populations through volunteering in hospitals and working in an assisted living center, Regency Park Place. And Park Place residents and co-workers recognized him as employee of the year in 2018. In addition to his fine academic record, he is actively involved in leadership with the Asian Pacific Student Union at OSU. His advisor notes that his extensive volunteer and work experiences have tested his values and confirmed to him that he would like to continue working with the aging segment of our population in the future.



Jasmin Yang is a junior from Corvallis, double majoring in Food Science and Technology and Chemistry. A student in the Honors College, her goal is to go to graduate school to study food chemistry. Her intention is to pursue a career in research to help the food industry produce more healthful and sustainable products. She has done undergraduate research in the Department of Food Science and Technology, focusing on understanding food chemistry so as to create more sustainable food systems. Additionally, she is active in numerous community activities, including participation as a violinist in the Corvallis-OSU Symphony. She is also involved in the OSU Epic Movement, the Food and Fermentation Club, the Institute of Food Technologists and the OSU College Bowl Team.



Alexandra Zinn is a junior from Poulsbo, Washington, majoring in Biology with minors in both Chemistry and Public Health. Alexandra was exposed to the idea of “healthy aging” by observing that the athletic club operated by her parents offered fitness classes aimed at older adults. She pursues that interest on campus by working as a research assistant in the Optimal Aging Laboratory. She is writing an Honors Thesis on the question of whether perceptions of one’s military service affects health later in life. Alexandra works with both ends of the age spectrum, volunteering at the Grace Center for Adult Day Services and mentoring new OSU students. She is a member of the Order of Omega, the national Greek Honor Society, and plans a career as a primary care physician.

What is the OSURA Scholarship?

The OSU Retirement Association provides scholarship support to undergraduate students at Oregon State University who are pursuing a course of study that may lead to a career promoting healthy aging. That term includes all aspects of “health” — physical, emotional, social or financial.

Currently enrolled OSU undergraduate students who have completed at least one academic year at OSU, have a cumulative GPA of 3.4 or above, and have at least one year of study remaining towards their first bachelor’s (BA or BS) degree, are encouraged to apply.

The scholarship amount may be up to \$2,000 per person and will be awarded at the OSURA Annual Meeting in May 2020. Funds will be distributed into student accounts for the 2020-2021 academic year.

The deadline for application is **4:30PM on Monday, March 9, 2020.**



OSURA Annual Meeting and Member Social

May 23, 2019

Contributed by Tom Plant



The Annual Meeting and Member Social was called to order by President Chris Mathews at 2:00 PM on May 23, 2019 in The Board Room of the OSU Foundation. Chris welcomed members and guests including former OSU President John Byrne and four of the six new OSURA Scholarship winners.

Chris Mathews presented several OSURA highlights for 2018-2019:

- Fall Kickoff tour of Valley Football Center with talks by student athletes
- Quarterly electronic OSURA Newsletters with feature articles on members and supporters
- Volunteer support for University Day, Provost's Lecture, OSU talks, and Food Pantry
- Travel Share programs on Thailand and Turkey
- Awarded one OSURA scholarship
- Past-Presidents Luncheon with 16 present

Chris closed by acknowledging the outstanding leadership and support provided by the OSURA Board, committees, and the University Events Office, especially Mealoha McFadden, who has been our amazing support person from Events this whole year.

Chris introduced OSU President Ed Ray, who spoke about the State of the University.

- Record enrollment of 32,011 students for Fall 2018 [24,290 Corvallis campus; 6565 Ecampus]
- Ecampus undergrad programs ranked 3rd in the nation by US News and World Report
- 71.2% of OSU/Corvallis undergraduate enrollment come from state of Oregon;
- 88.4% at OSU/Cascades campus
- \$381.6 million in external research funding in FY18
- 22.9% OSU/Corvallis or E-campus undergrads are first-generation college students
- The \$60 million Arts and Education Complex received \$25 million from an anonymous donor.
- The Center will probably be built just south of Kerr Administration where OSU shops are currently located and is set to open in 2022.
- Data from 2017 shows 42% of OSU students had no debt upon graduation vs 35% national average.
- OSU's Robotics program is ranked 4th in country

President Ray then thanked the OSURA membership for its service to the University last year.

Chris Mathews, standing in for Bill Becker, Scholarship Committee Chair, announced the six 2019 OSURA scholarship recipients; 4 of the 6 were present at the meeting.

OSURA Annual Meeting and Member Social

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After a refreshment break, the meeting was reconvened for OSURA business.

Kelvin Koong, Treasurer, presented a written report comparing the first 3 quarters of FY18 and FY19. His overall conclusion was that the organization is in good financial health with sufficient funds projected to cover expenses and scholarship awards.

Tom Plant, reporting for the Nominating Committee, nominated these members for the OSURA Board of Directors: Kelvin Koong (re-election for a second 3-year term), Phyllis Lee (re-election for a second 3-year term), and Chris Mathews (re-election for a second 3 year term). There were no nominations from the floor. These nominees were elected by unanimous voice vote.

President-Elect Mike Schuyler recognized past OSURA presidents, current board members, and committee chairs who were present and announced the slate of officers for 2019-20: Mike Schuyler, President; Carol Kronstad, President-elect; Tom Plant, Secretary; Kelvin Koong, Treasurer; and Kathy Motley, Volunteer Chair and Newsletter and Website Coordinator.

Kathy Motley, Volunteer Chair, presented the 2019 Volunteer-of-the-Year Award to Ray Brooks who was instrumental in setting up both the 2018 Fall Kickoff event and the program tour of Austin Hall.



2019-2020 OSURA BOARD



Front row, left to right: Bobbi Hall (Program Committee Co-chair), Kathy Motley (Newsletter Editor, Website Coordinator, & Volunteer Committee Chair), Carol Kronstad (President-Elect), Kelvin Koong (Treasurer), Julie Searcy (Member-at-large)

Back row, left to right: Bill Young (Membership Committee Chair), Thomas Plant (Board Secretary), Christopher Mathews (Immediate Past President), Michael Schuyler (President), Robert Smythe (Member-at-Large), Jack Walstad (Member-at-large), Shelly Signs (Director, University Events)

Not Pictured: Bill Becker (Scholarship Committee Co-Chair), Judy Burrridge (Member-at-large), and Phyllis Lee (Scholarship Committee Co-Chair)



What's happening? SAVE THESE DATES!

Thursday, Nov. 7 from 3 to 4:30 p.m.

OSU Foundation Board Room, 4238 SW Research Way, Corvallis, Oregon

OSURA Travelshare Program: Cruising Experiences in Europe presented by Tom and Sue Savage

For more information, contact Jim Krueger at jkrueger@proaxis.com.

Thursday, Nov. 7 from 3 to 4:30 p.m.

Memorial Union Room 208

Planning for Retirement: Exploring Opportunities, Surprises and Concerns Beyond Finances

This workshop is for faculty and staff who are within one to three years of retirement. Retirement is a major life transition and requires planning for other than just financial matters. This workshop will explore these areas and illustrate some aspects of the physical, psychological, and social dimensions of retirement. For more info, contact Tom Plant, OSURA Board Secretary, at

541-737-2984 or osura@oregonstate.edu.

For more information on upcoming OSURA events visit, osura.oregonstate.edu.

OSURA Board Members 2019-2020

President: Michael Schuyler

President-Elect: Carol Kronstad

Past President: Chris Mathews

Secretary: Tom Plant

Treasurer: Kevin Koong

Members at

Large:

Bill Becker

Judy Burrridge

Bobbi Hall

Phyllis Lee

Julie Searcy

Kathy Motley

Bob Smythe

Jack Walstad

Bill Young

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**Oregon State
University**