Retirees tour NOAA and Coast Guard in Newport
by Tom Savage and Terri Tower

What a day! Over sixty OSU retirees were treated to private guided tours of the NOAA and Coast Guard facilities and vessels in Newport on April 11.

Following a motorcoach ride from Corvallis to the NOAA facility, OSURA travelers were divided into two groups and separately escorted through the NOAA research vessel, the KA’IMIMOANA, docked at its Newport facility. Two capable young NOAA officers acted as tour guides and fielded numerous questions about NOAA’s ships, operations, and history.

Following lunch at the Rogue Brewery overlooking the sunny south marina and bay, the OSURA group ventured to the Coast Guard Station on the north side of Yaquina Bridge. This time two knowledgeable Coast Guard officers presented a short video and talk, followed by a thorough Q & A session, about the Coast Guard and its operations. The Newport operations focus on search and rescue missions along the Central Oregon Coast. OSURA members then trekked down the hillside stairs to board three search and rescue boats currently serving the Newport area. One of the vessels is the oldest operational boat of its size in the Coast Guard. The opportunity to speak with the Coast Guard personnel who carry out the search and rescue missions and to climb all over the boats was a “wow” for many OSURA members.

This unique and informative field trip to NOAA and the Coast Guard facilities was organized by Curt McCann for the OSURA Program Committee.

OSURA to Host Annual Meeting and Member Social
OSURA will host its 11th Annual Meeting and Member Social on Wednesday May 8, 2013 in the OSU Foundation Board Room. Featured speaker OSU President Ed Ray’s topic is “University Update”, which will include information about the recently-released Impact 2013.

The Member Social begins at 2:30 pm with refreshments and socializing, followed by the Business Meeting at 3 pm. President Ray’s address will begin at approximately 3:45 pm. The event will end with special entertainment by The Beaver Country Hot Air Band, an ensemble of musicians from the Corvallis Community Band.

The meeting agenda includes election of new Board members, announcement of the Volunteers of the Year, and introduction of OSURA’s five student scholarship recipients.

No parking permit is required for the OSU Foundation building at 850 SW 35th.

Invitations for the Annual Meeting and Member Social were mailed recently to all members. Please RSVP if you plan to attend.
As I conclude my year as your OSURA President, here’s what the big picture for OSURA looks like to me.

Over the last eleven years we have been working to create a “value center” for Oregon State University by developing roles for retiring faculty and staff to play after leaving active service. One of the best places to do so is in OSURA. Being a member is a way of saying, what we as individuals helped to create at OSU, still matters to us.

Oregon State, through its University Marketing and Relations Office under Vice-President Steve Clark, continues to make a strong commitment to OSURA. We in turn are continuing to provide volunteer service to OSU, and creating a legacy of significant scholarship support for students interested in healthy aging. We are providing support for athletic events, theater, and academic programs. We are taking off-campus trips for enjoyment and learning – and, when we are out there, whether at NOAA in Newport or the King Estate Winery, they know that we are OSU, coming to them.

In short, the OSU Retirement Association is becoming increasingly noticed and valued each year. I want to congratulate you, and thank you, individually and collectively, for all that you continue to do within OSURA that has made this a reality.

Additional, heartfelt thanks go to Events Coordinator, Kelly DiCristina, to Kate Sanders (now with the Alumni Association), and Shelly Signs for facilitating so much of what we do.

Beyond the regular activities you have been attending, I’d like to draw attention to a couple of new OSURA initiatives this year:

A campus and community-wide presentation by Dr. Judith Horstman on November 1st on “The Healthy Aging Brain.” This talk, held in the LaSells Stewart Center, drew an audience of over two hundred.

Our first OSURA Interest Group. About twenty members met at the OSU Foundation on February 25 to form the Travelshare Interest group. It plans to meet once per term for sharing travel experiences and strategies. New participants are welcome.

HELP. We need your help in recruiting new Members! University regulations limit OSURA to just one mail contact with a new retiree. We send a letter of invitation, but often a new retiree is not ready to respond and join immediately – and then we don’t get another chance. What really works in recruiting is being asked by a friend to join. You might be the right person to check in with a former colleague who has retired within the last year or two from your department or office. Please select a recent retiree you know and tell him/her what you are involved with in OSURA. Invite him or her to come with you to one of our events. All it takes to join is contacting the OSURA office as described in this Newsletter.

It has been an enjoyable and rewarding year. I’d like to share with you that, on March 19, all ten of our past presidents had lunch together, sharing recent experiences and talking about OSURA. How much they have done for OSURA!! It was a pleasure meeting with them.

Looking forward to seeing you at the May 8 Annual Meeting and Member Social,

Jim Krueger, President of OSURA, 2012–13
OSURA members are invited to tour the newly-constructed Native American Longhouse on Thursday May 9, at 2 pm.

In addition to the tour, OSU senior Tyler Hogan, a member of Oklahoma’s Cherokee Nation, will present a slideshow program on pow wow traditions and the significance and meaning of various dances and drumming routines, as well as the regalia used by various tribes in Oregon. The Grand Opening celebration of the new Longhouse is Friday May 17, followed by this year’s Pow Wow on May 18–19 in Gill Coliseum. The 15th Annual Salmon Bake, free and open to the public, will be on Wednesday May 15 from 12 noon to 3 pm in the MU Quad.

The Longhouse is located at the corner of 26th and Jefferson, across from Weatherford Hall. OSURA members planning to attend the May 9 program need to arrange their own transportation and parking. Metered parking is available in the parking structure and the Coliseum parking lot. Free parking is also available behind the Hilton Garden Inn. Please allow extra time to park in order to arrive at the Longhouse by 2 pm. See you there! 🐺

A beaver is one of the creatures carved on a totem pole placed inside the new Native American Longhouse. The totem pole, carved by Haida carver Clarence Mills from Vancouver, BC, was donated by OSU Alum Jim Whyte. (photo: Theresa Hogue)

What’s Happening? Save these Dates

May 2 Pre-Retirement Workshop
Memorial Union
1:30 – 3:00 pm
No RSVP required

May 2 Travel Share Interest Group
OSU Foundation Board Room
3:00 – 4:30 pm
No RSVP required

May 8 Annual Meeting & Member Social
OSU Foundation Board Room
2:30 – 5:00 pm
RSVP 541-737-4717 or e-mail osura@oregonstate.edu

May 9 – Native American Longhouse
2:00 pm Tour and Program
Campus, Corner of 26th and Jefferson
No RSVP required

June 14 – Campus Clean-up
Volunteer Opportunity
Contact Sue Borden: sueborden@comcast.net

August – Bard in the Quad
Shakespeare’s Comedy of Errors
Time and Details TBA

September 10 – Annual Golf Tournament
Trysting Tree Golf Course and Clubhouse
Time and Details TBA

OSU TRIVIA: Ulysses Grant “U.G.” Dubach became head of the Political Science program in 1913 and was the Dean of Men from 1924–47. While he was Dean of Men, he became the target of student ridicule, who dubbed him “Ug” from his initials U.G. What did he do that made the students unhappy?

The answer can be found on our Web site: oregonstate.edu/osura
Horstman Promotes Healthy Brains

Over 200 OSURA members and friends packed the house for the Judith Horstman lecture last November, marking the first time OSURA has hosted a university-wide speaker. Horstman’s presentation, The Healthy Aging Brain, was based on information included in her four Scientific American “brain” books. The lecture was followed by book signing and sales organized by Grass Roots Bookstore. During her campus visit, Horstman participated in a graduate student seminar with students from OSU’s Center for Healthy Aging Research, and she recorded a radio interview with retired OSU faculty member Roberta Hall for the Health and Healthcare Forum on KBOO Community Radio. The link to the radio interview is: http://kboo.fm/node.51868.

Horstman’s books can be ordered through the OSU Bookstore or the Grass Roots Bookstore, 227 SW 2nd, Corvallis.

In Chapter Six of The Healthy Aging Brain, Judith Horstman introduces what she calls “The Big Five for Optimal Brain Function”. Subsequent chapters discuss each of these in more detail. The following excerpts are from the section entitled “How to Keep Your Brain Healthy and Nimble”, pages 119-120.

1. **Physical activity:** Exercise daily for at least two and a half hours every week. This can be as simple as brisk walking. We’ll do the math for you: that’s about twenty-one minutes per day.
2. **Mental stimulation:** Challenge your brain by learning something new and difficult. It needs to be hard for you, but it doesn’t have to be unpleasant. Learn a language, solve a puzzle, or teach a class, for example.
3. **Nutrition:** Eat wisely, well - and less (obesity is connected with dementia). Dietary deficiencies sap your brain health.
4. **Socialization:** People need people, and isolation and loneliness are connected with a weakened immune system and dementia.
5. **Creativity, soul, and attitude:** Enrich thyself with artistic, religious, and spiritual practices, meditation, education, creativity, and an optimistic outlook - and lower your stress.

Rethink Your Energy Balance

Get up, get moving, and pay attention to that belly fat. Those were just a few of the many messages that Dr. Melinda Manore had for OSURA members during her March 5 presentation, “Rethinking Energy Balance and Health Eating: Sorting Fact from Fiction.” Dr. Manore is a professor of Nutrition at Oregon State. More than 40 people attended the program, organized by Betty Miner of the OSURA Member Services Committee.

Dr. Manore’s approach to weight management and health focused on the balance between “energy in” - consumed as calories in food - and “energy out” - calories burned for daily activity and exercise. If a person regularly takes more energy in than is burned off, that results in weight gain; the reverse results in weight loss.

Exercise is the key component for burning energy and keeping the body in balance.

Dr. Manore cautioned about the inherent risks of “belly” or visceral fat (VF), also known as abdominal fat. Visceral fat is a significant risk factor for chronic diseases such as diabetes, hypertension, and cardiovascular and inflammatory diseases because of how this type of fat stresses internal organs. According to Dr. Manore, the VF measurement is gaining recognition in research studies – and with some insurance companies – as a more important predictor of overall health and health risk than Body Mass Index (BMI).

Dr. Manore graciously allowed OSURA to share her entire slide show presentation on the OSURA e-mail listserve and to post it on the website. Her presentation includes a wealth of

Energy Balance continued on page 5
OSURA Awards Scholarships for 2013-14

Five outstanding OSU students will be awarded $1,000 scholarships from OSURA for the 2013–14 academic year. These scholarships will be introduced at the Annual Meeting and Member Social on May 8 in the OSU Foundation Board Room. Each recipient will briefly discuss his or her interests in careers to improve healthy aging.

One of the scholarships will be the first funded by the OSURA Scholarship Endowment established in July 2012. The other awards will be funded through membership dues and scholarship contributions. This is the second consecutive year that OSURA has been able to fund $5,000 in scholarship awards.

According to Scholarship Chair Tom Savage, refinements made to the scholarship criteria this year helped narrow the field of applicants and resulted in fewer, but higher quality, applications. The OSURA Scholarship Committee reviewed 21 quality applications, compared to 68 applications last year, many of which failed to meet the minimum criteria.

Members of this year’s OSURA Scholarship Committee were Tom Savage, Roy Arnold, Jean Peters, Bob Becker, John Block, and Tony Van Vliet.

Energy Balance con’d from pg. 4

Information about factors that regulate weight, about visceral fat and how to measure it, what to eat to maintain health, and what type of diet and physical activity help with weight reduction.

Choosing low density foods is one of the strategies for weight management that Dr. Manore recommended, especially for those who want to consume fewer calories. Low density foods have fewer calories (kcal) per gram of food weight, and can be just as filling as higher density foods. The chart summarizes examples of low and higher density foods.

To review Dr. Manore’s full slideshow, go to the OSURA website [oregonstate.edu/osura] or pull up the OSURA e-mail sent on March 12, 2013 that includes it as an attachment.

OSURA Board Approves Nominees, Elects Officers

Barbara Moon and Jack Drexler will stand for election to the OSURA Board of Directors at the May 8 Annual Meeting. Their nominations were approved by the current Board at its April 5 meeting. New board members are elected by the general membership at the Annual Meeting. Additional nominations will be accepted from the floor.

In other action at the April 5 Board meeting, Gerry Olson and Cheryl Lyons were newly-elected to OSURA officer positions for 2013–14. Gerry was voted as President-Elect and Cheryl will assume the Treasurer duties. Current President-elect Tom Savage will become President, and current President Jim Krueger will move into the Past President’s role. The position of Secretary is open.

Board members and officers will assume their new positions following the Annual Meeting. Two current Board members, Carroll DeKock and Mary Ann Roberts, are completing their terms of service and will be leaving the Board. Their service to OSURA is gratefully appreciated. Thank you Carroll and Mary Ann.

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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: __________

Address: Street: ____________________________ City: __________ State: __________ Zip: __________

Phone Number: ____________________________ Email: ____________________________

OSURA Annual Dues: $20 Individual $30 Household

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.

The BEST way to receive notices and event announcements!