

OSURA NEWS & VIEWS

OSURA Member Profile: Russ Karow

Contributed by Bill Young

They say that people are often pulled “together for a reason, a season and a lifetime.” Russ Karow is committed to helping people from his former academic home in the Department of Crop and Soil Science (CSS), and beyond, stay connected in retirement.

Russ arrived at OSU in 1983 “for a reason.” He was hired to fill the Extension Cereal Specialist position. With statewide responsibility to communicate agronomic and plant breeding advances in cereal production, he made many contacts with OSU staff in more than 25 of Oregon’s 36 counties. When OSU decided to move branch experiment station and county extension faculty into departments in the mid-1990s, Russ became an assistant department head to help with that integration process in CSS. In 2000, he was named interim head of CSS following the unexpected death of Dr. Sheldon Ladd. Subsequently, he filled that leadership position, from which he retired in 2014...certainly a record of service for more than “a season.”

Following his 30-year career with CSS, he served another five years as executive director of the Agricultural Research Foundation (ARF), working to direct funding to research and Extension faculty across the state. Now officially retired since January 2020, Russ is working to maintain connections to his many colleagues for a lifetime.



It’s not uncommon for people who’ve shared a similar career track to want to stay connected, but once the ties that bind one to that work-a-day routine are broken, it’s easy to drift away. Former CSS faculty member Dr. Arnold Appleby, who retired in 1992, first initiated a very informal “Coffee Klatsch” of retirees that met once a month in the Crop Science Building coffee room until campus parking headaches (i.e., the loss of FREE emeritus parking passes) relocated that gathering to the OSU Foundation facility. Free coffee was offered and hosted by Tonya Fodge, Earth Science administrative assistant with the Foundation.



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.

OSURA Member Profile: Russ Karow

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Russ met infrequently with this group while still working with the ARF. However, following the death of Arnold Appleby in December 2018, Russ saw an opportunity to open the door and extend membership to the broader CSS community – all former faculty and staff and even to long-time CSS/OSU supporters. His first goal was to develop an email list that would allow for easy communication. Using this mode of communication, it has been easy to keep retirees apprised of updates on staffing, seminars, organizational updates, and other items within CSS, CAS, and OSU of which they otherwise might not be aware.

Of course, the monthly 1st Monday of the month call for coffee at the OSU Foundation (OSUF) Office came to a crashing halt with COVID closures this spring. As in many other cases, Zoom gatherings have been organized as the alternative. These Zoom gatherings have given retirees from across the state and region an opportunity to participate where such was not logistically feasible in-person. The hope is to incorporate both in-person and Zoom meetings once the group can convene back in the OSUF conference room. The ease of connectivity that we have discovered and developed in these past months may be one of the few benefits that arise from the COVID crisis.

Russ encourages others who are interested in maintaining connections among retirees in their departments to explore possibilities.

These are the needed components for success:

- Establish a listserv in the OSU Mailman system. Once established, those interested add themselves to the listserv. They do not have to have an OSU email address to be on these lists. If they have interest in staying connected, retired supporters of a unit can be invited to the list.
- Work with an office assistant in your department to maintain the list and to feed information through the listserv. As people retire, this person can offer the option to be added to the list.
- If you become the retiree manager of the listserv, ask to be placed on the general email lists of other units that may have offerings of interest to retirees. In the case of CSS, Russ is also on the Horticulture and Botany and Plant Pathology general announcement email lists. He identifies information items he thinks may be of interest to retirees and passes these on through his listserv.

Russ can be contacted at russell.karow@oregonstate.edu if you have questions about developing a retiree outreach capability like that described above.

End of Life Options: Managing Life's Closure

Contributed by Thomas Plant

On Thursday, December 3, 2020, the OSURA Member Services Committee program on “End of Life Options: Managing Life's Closure” was presented by Dr. David Grube, a retired physician from Philomath Family Medicine. Dr. Grube is the National Medical Director for Compassion and Choices and has lectured nationally on Medical Ethics and End-of-Life Care. There were 94 registered for the Zoom webinar and 75 attended.

Dr. Grube used humorous cartoons and anecdotes to present important information about how to prepare for death while still living. Patients who die in the hospital accrue large bills and contribute to significant waste in the U.S. health care system.

Several books were recommended which discuss how to plan for the end of life while still healthy. One cartoon book by Roz Chast called “Can't we talk about something more PLEASANT?” was highly touted.

Complete list of books and authors recommended by Dr. Grube:

“Can't we talk about something more pleasant?”
by Roz Chast

“Being Mortal” by Atul Gawande

“The Conversation” by Angelo Volandes

“How to Change Your Mind” by Michael Pollan

“A Beginner's Guide to the End” by BJ Miller

“Finish Strong” by Barbara Coombs Li

“When My Time Comes” by Diane Rehm

“Slow Medicine” by Victoria Sweet

Costs?

- Patients who die in a hospital rack up an average cost of \$35,000 in the last month of life; cost can reach as much as \$10,000 per day
- Approximately 1/3 to 1/2 of a person's total health care expenditures occur in the final year of life
- The U.S. health care system wastes \$765 billion annually — about a quarter of all the money spent. Of that, an estimated \$210 billion goes to unnecessary or needlessly expensive care.

Dr. Grube discussed the importance of making your wishes known to your spouse and family on how you want to be cared for near the end of life. These can be written down in an Advance Directive which is reviewed annually, updated regularly at any major life changes (decades, deaths, decline in health, etc), and filed several places including with your doctor and with your health care representative.

Do you want “heroic efforts” to be used to save you or just let you pass in peace? Hospice and palliative care are two great options for end-of-life care that cost much less and provide needed support for both the patient and their family. He also discussed making a POLST (Physician Orders for Life-Sustaining Treatment) for those who are very ill or with a terminal diagnosis. The POLST gives directions for EMTs and others which MUST be followed for care. These are pink and placed on the refrigerator.



End of Life Options: Managing Life's Closure

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POLST began in Oregon in 1991 and currently exists in 46 states; some of the 46 states have the program in development. The POLST document is a standardized, portable, brightly colored single page medical order that documents a conversation between a provider and an individual with a serious illness or frailty towards the end of life. A POLST form allows emergency medical services to provide treatment that the individual prefers before possibly transporting to an emergency facility.

There was much more valuable information in this presentation. I would strongly encourage those of you who did not get to see it live and those who may have missed some things the first time to go to the OSURA website at the link below and watch the whole presentation. I guarantee it will be worth your time!

Link to recorded talk:

<https://osura.oregonstate.edu/past-events>

President's Message

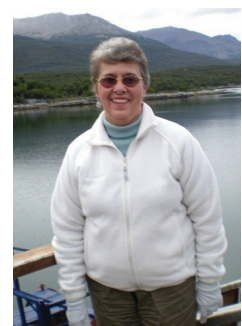
By Carol Kronstad, OSURA President



We welcomed board members to OSURA meetings via Zoom. We have had some interesting speakers this fall. Dr. Robert Poole discussed “Healthy Living”. He said that taking a nap everyday is very healthy. Dr. Grube gave a very interesting talk about “Dying with Dignity”. Dr. John Bailey from the School of Forestry discussed forest fires. Dr. Chunhuei Chi will be talking about the COVID-19 pandemic and our future. Upcoming programs this spring include a walking tour of the historical buildings of OSU with Larry Landis, and a tour of the plants and landscape of OSU with Dr. Aaron Liston.

We welcome you to join our Zoom programs. I hope to see you at one or more of our events this year.

Carol Kronstad
OSURA President 2020-2021



OSURA Committee Spotlight: Program Committee

Contributed by Terri Tower



Tour of Oregon Coast Aquarium, April 2011. Past and present committee members Curt McCann (in wheelchair, left), Betty Miner (green coat, center), Julie Searcy (red coat, back) and Helen Polensek (navy blue coat, front right).

People. Ideas. Laughter. Discussion. Decision. Planning. Implementation. Fun. Next.

That's been the winning formula for the Program Committee since its inception as an OSURA standing committee in Fall 2006.

Over the past 15 years, this committee has organized more than 75 activities for the benefit of OSURA members. Add to these the dozens of programs sponsored by Member Services, the Golf Committee, Travel Share, and the OSURA Board and you have quite an impressive array of events. Our committee members are the vital component of

When current and past committee members were asked what they liked about serving on the committee, or if they had a favorite event or memorable moment, here's some of what they had to say:

"The camaraderie of committee members and the open discussions and suggestions when deciding on possible events for the membership of OSURA are great assets. Besides you were all very welcoming to the new rookies joining you." —Tony Amandi

"What I like best about serving on the committee are our committee members. They have a broad base of program ideas from their many years on campus and are always listening to our members for input on programs they'd like to attend. I'm proud of our OSU faculty, staff and students who are always willing to share their knowledge and experiences with our OSURA members." —Larry Pribyl

"Serving on the committee has been a real joy, working with interesting individuals who served OSU in a variety of fields and learning more about the diversity of contributions OSU has made to Oregon and the world." —Ray Brooks

the winning formula. No experience necessary, just enthusiasm and interest in what's happening at OSU, in the community, and around the world.

We meet as a group to discuss program ideas, many often based on our own curiosity and connections, and decide on what's doable. We assign a point person as the key planner and that person takes it from there. One or two people can usually organize an event, we try to keep them simple. And if it isn't going to be fun (or enlightening) we probably won't be doing it.

Some of our events are "repeat performances," back by popular demand. We do women's basketball, women's gymnastics, and theater almost every year. We've visited the Hatfield Marine Science Center, Fermentation labs, and Hinsdale Wave lab each twice, and Stahlbush



Stahlbush Island Tour, October 2019. Committee members Roberta Hall and Ray Brooks organize carpool to Stahlbush Farms.

OSURA Committee Spotlight: Program Committee

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“My most favorite and interesting program I organized is the John L. Fryer Aquatic Animal Health Lab and Fish Performance Lab tour. It’s the only one I’ve done because of the nasty, spiky virus intrusion into our lives. It was fun to set up and chat with staff of the labs whom I had worked with for many years. Also took me back a lot of years when I spent a fair amount of time in the lab while working on my doctorate research.” —Tony Amandi

Farms three times. We might have had two visits to the Linus Pauling Collection in the Valley Library, but the record isn’t clear.

Other standard programs include tours of any new or extensively renovated buildings on campus.

Many of us become the “go-to” organizers based on our connections, interests or expertise. In our current committee membership, we have a Go-To for fish, all-things-OSU, intercollegiate athletics, academics/science, and tours. We invite any and all who would like to join the group, especially any of you who are particularly interested in theater and the arts, as Helen Polensek, our long-time Go-To for culture, had to leave the committee last year.



Taylor Water Treatment Plant, November 2018. Committee members Dick Clinton and Roberta Hall (third and fourth from left).

What’s Next? Even though the Covid-19 pandemic has set us back a year, we have programs ready to go once we can reconvene. Tours of the OSU historic district and the herbarium are at the top of the list for 2021, but the Goss Stadium/men’s baseball event planned for last spring will probably have to wait another year.



King Estate Winery, November 2011. Program organizer Carol Kronstad (tan coat, center).

Current committee members are Ray Brooks, Richard Clinton, Tony Amandi, Larry Pribyl, Julie Searcy, Carol Kronstad, Bobbi Hall, and Terri Tower. New members always welcome!

OSURA’s Program Committee has organized over 75 events since its inception as a Standing Committee in 2006, including those listed on page 7. [Note: The list does not include events sponsored by Member Services, Travel Share, Golf, and OSURA Board.]

“After setting up the trip to Newport, I managed to fall and tear a quadricep tendon in my left knee, so I was recovering from surgery and couldn’t walk at all. Bill Smart came to my rescue and pushed my wheelchair during the tours. Thanks, Bill!” —Curt McCann

“It’s hard to choose a favorite, but I’d say my favorite program to organize was the OSU Research Forest tour. While on an advance ‘recon’ with tour guide Steve, we stopped to watch a Netflix crew filming a documentary on a special variety of newts. It was fascinating.” —Terri Tower

OSURA Committee Spotlight: Program Committee

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Aquatic Animal Health Lab, January 2020. Program organizer Tony Amandi (center).

On Campus/Local Events:

Kelley Engineering Center
Dixon Recreation Center
Magruder Hall Veterinary Medicine Expansion
Hinsdale Wave Lab
Linus Pauling Collection at Valley Library
Fermentation Science Lab
Good Samaritan Regional Medical Center
Sports Performance Center
Valley Gymnastics Center
Stahlbush Island Farms
Whale Tracking Presentation
Hazelnut Hill
Bollywood Dancing
Women's Basketball Pre-Game Dinners
Women's Gymnastics Pre-Meet Dinners
Native American Longhouse
Asia-Pacific Cultural Center
Black Cultural Center
OSU Theater Performances

“One of the best parts of the Program Committee is the wide variety of stuff you learn from working with the committee members, helping set up the programs, and the follow-up with the people who presented the programs. It’s a great Win-Win for everyone!” —Curt McCann

Hewlett Packard Nanotechnology Lab
Oregon Nanoscience and Microtech Institute
Linus Pauling Science Center
Albany Carousel
Learning Innovation Center
COB Austin Hall
Ocean Observing Center
USDA World Plant Center Repository
COE Robotics Lab
OSU Research Forest
Valley Football Center
Museum Collections/Benton County Historical Society
Ron Lovell Mystery Author
Valley Football Center
Taylor Water Treatment Plant
Oak Creek Urban Horticulture Center
US and Iran Lecture
Aquatic Animal Health/Fish Performance Labs
Wildland Fire Management Presentation

Out of Town Events:

Portland Day Trip
Hatfield Marine Science Center
Evergreen Air and Space Museum
King Estate Winery
Oregon Coast Aquarium
Oregon Garden
NOAA and Coast Guard Station
Wildlife Safari
Spirit Mountain Casino
Oregon Historical Society/OSU 150 Exhibit



The Collections, Benton County Historical Society, October 2016. Tour organizer Terri Tower (front left) and OSURA member/BCHS docent Jo Anne Trow (left center).



What's happening? SAVE THESE DATES!

To register or view upcoming events, visit osura.oregonstate.edu.

“The COVID-19 Pandemic and Beyond” with Dr. Chunhuei Chi **Thursday, February 25 at 3 p.m. via Zoom Webinar**

Dr. Chunhuei Chi, director of OSU's Global Health Program and professor in the Health Management and Policy Program, will discuss the recent happenings on COVID-19 vaccines. Dr. Chi previously answered many of our early questions about the virus and has graciously agreed to provide OSURA with his latest thoughts on the pandemic, vaccines, and his predictions for future outcomes. We are anxious to hear Dr. Chi's take on what to expect. Of course, many new concerns will likely come up, along with the fits and starts of vaccine distribution.

Walk and Talk with a Botanist with Dr. Aaron Liston **Thursday, April 15 at 3 p.m.**

The OSU campus has a diverse collection of trees and shrubs with representatives from all continents except Antarctica. Dr. Aaron Liston, Professor of Botany & Plant Pathology and Director of the OSU Herbarium, will guide a tour of these botanical riches, highlighting their biology and history. OSURA registrants will meet outside the campus Beanery at the corner of Monroe and 26th Street. The walk will be a mile and a half and will allow time to gather and learn about the plants we'll be viewing. Group size is limited and COVID-19 protocols will be enforced.

Virtual Campus Tour with Larry Landis **Thursday, May 13 at 3 p.m. via Zoom webinar**

Larry Landis, who retired as director of OSU's Special Collections and Archives Research Center this past year, will lead OSURA members on a virtual tour of campus via Zoom webinar. He will follow the same path that he has used for his in-person campus tours over the past twenty years. Starting on the east side of Community Hall and ending in the Library Quad in front of Kidder Hall, Larry will discuss many of the iconic and not-so-well known buildings in OSU's historic district. He also plans to follow-up later in our post-pandemic future for an in-person talking tour of campus. Landis is the author of “A School for the People: A Photographic History of Oregon State University” (OSU Press, 2015).

OSURA Board Members 2020-2021

President: Carol Kronstad
President-elect: Bill Young
Past president: Mike Schuyler
Secretary: Tom Plant
Treasurer: Kelvin Koong

Members at Large:

Tony Amandi	Kathy Motley
Bill Becker	Larry Pribyl
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Bobbi Hall	Bob Smythe
Phyllis Lee	Bill Young
Chris Mathews	

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