

# OSURA



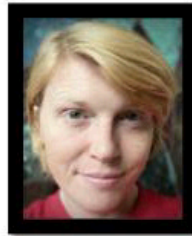
News & Views | Fall 2025

# OSURA Fall Kickoff

September 29 | Corvallis-Benton County Public Library | Larry Pribyl, President-Elect, Host

The first event of the new academic year was on September 29 when OSURA members and donors came to the Corvallis-Benton County Public Library to meet the new OSURA Scholarship Recipients.

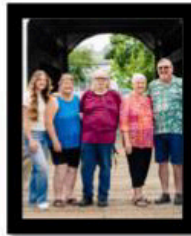
## OSURA Student Scholarship Panel



**CARRIE**  
CANTRELL



**SADIE**  
DUFFY



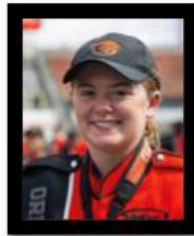
**EMMA**  
HILLS



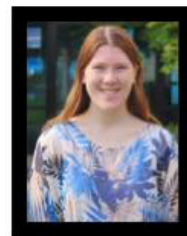
**IAN**  
LIGHT



**CAMRYN**  
LAU



**AVERY**  
PEX



**SYDNEY**  
POTTER



**VERONICA**  
ROBINSON

Thank you to the Scholarship Committee: Kevin Ahern, Chair; Indira Rajagopal; Richard Waring; Dale Weber; and Mary Burke, Past President non-voting. OSURA provides scholarship support to undergraduates at OSU who are pursuing a course of study that leads to a career in healthy aging. That term includes all aspects of “health” – physical, emotional, social or financial.



*(Photo by Larry Pribyl)*

Each student told the audience about their path to the degree they are earning and their inspirations.



[Watch the recording.](#)

# Bios and Future Plans

OSURA Scholarship Awardees:

Left to right: **Carrie Cantrell** (Major - Digital Communication Arts; Future Plans – Develop communication frameworks to bridge generational gaps in healthcare settings and society), **Emma Hills** (Major – Psychology; Future Plans -- Geropsychology), **Camryn Lau** (Major – Nutrition; Future Plans – Become a geriatric physician), **Ian Light** (Major – Chemistry; Future Plans – Chemist to turn timber waste into materials



for drugs and fuels to reduce cost of medicine for elders), **Sydney Potter** (Major – Kinesiology; Future Plans – Occupational therapist in a hospital working with older adults), **Avery Pex** (Major – Biology; Future Plans – Become a veterinarian to help animals and in turn, help us), **Sadie Duffy** (Major – Horticulture; Future Plans – Help older people with garden plants), **Veronica Robinson** (Major – Psychology; Future Plans – Become a Psychologist who works with the elderly community), and **President Jayathi Murthy**

## Students in College of Health who are members in the Healthy Aging Club helped older adults get their wheels back



Thank you to the College of Health for this article highlighting students in the College of Health Healthy Aging Club who successfully helped to secure a new activities bus for residents of Good Samaritan Village.

[Read news story.](#)

# Memoirs

## C. J. “Bud” Weiser: My first arrival at OSU 68 years ago



My wife and I arrived at OSU 68 years ago in the summer of 1957. I had recently been offered a half-time Research Assistantship in Horticulture to work towards a Ph.D. The Horticulture Department had just moved during the previous week from Agriculture Hall into the newly constructed Cordley Hall.

Coming to OSU with my new BS degree from North Dakota State University was a bit of a surprise because OSU was not one of the universities I applied to like Cornell, Michigan State, and Purdue where I first applied. Fortunately, as several weeks passed with no responses, a botanist and OSU alumnus that I was working for encouraged me to apply to OSU. He pointed out that they had strong research programs on a wide variety of horticultural crops. Dr. Al Roberts at OSU called me the day my letter of application arrived, and he offered me a research assistantship to do my Ph.D. studies with

Dr. Larry Blaney, who was a new faculty member and recent UCLA graduate. Long before the other universities responded I had accepted OSU's offer of an assistantship funded by Oregon's large and diverse nursery industry.

What a great decision that proved to be for me. I was invited to give talks on my research results each year at the annual campus meetings of the Oregon Nursery Association. I also published nine papers on my research results on plant propagation from rooted cuttings during my 3 years of Ph.D. studies that they funded. As a result of this support, I was able to complete my Ph.D. in three years while mentored by Dr. Blaney. He was a challenging advisor, who insisted that I identify a working thesis topic that met with his approval. That very educational process took almost two years of reading and weekly discussions. During that time, I was also stimulated by several OSU teachers in plant biochemistry and physiology, statistics, radioactive tracer methodology, virology, pathology, microscopy, etc. OSU had dozens of outstanding and approachable teachers.

Passing the required two foreign language exams was a high priority during my prolonged search for a thesis topic. A German man who worked in the OSU physical plant taught unofficial evening German lessons for \$15 a quarter, and the lady who gave the French exams was available to help grad students prepare for those exams. It was a relief to complete these requirements well before the final stages of thesis writing.

There were only 4 or 5 graduate students in Horticulture when I arrived. I was impressed that the faculty members treated us as Junior Faculty colleagues in coffee sessions participation, and seminars. The Hort office staff members were also very helpful to students and Nina, the Head Secretary who had “trained several department heads” was a formidable advocate for graduate

*Continued to next page* —→

students. One phone call from her to the Dean of the Graduate School got me permission to graduate in 3 years without meeting the residency requirement. Today there are 48 graduate students in Horticulture at OSU.

Other lasting memories of coming to OSU had little to do with academic pursuits. These include: Our first residence in south Corvallis in a salvaged Camp Adair barracks building. The bare-bones 3 room units were not posh but the \$35 monthly rent was affordable. Many of the neighbors were also young couples with OSU connections and several became life-long friends.

The cold, wet early morning and late evening bike rides to and from campus via Avery Park in the winter were truly memorable. Winter bike riders to campus were rare 68 years ago, and there were no bike racks on campus.

The proximity of the Pacific Coast with crabbing, oysters, scuba diving and fishing off the South Jetty at Newport and scuba fishing excursions to Puget Sound; the mosquito and fly free days of spring, summer and fall in Corvallis; Mary's Peak at sunset; the Cascade Mountain campgrounds and Mt. Jefferson hike-in camps and trout streams; eastern Oregon deer, water fowl and pheasant hunting, and agate hunting. Century Drive from Bend to high mountain lakes and Alpine fir trees; eastward view from top of Steens Mountain; Crater Lake with ancient trees growing on the rim. All of these unforgettable places were within a one-day drive -- it doesn't get better than this. Oregon has locations, locations, locations!

*There will be a second chapter to this story coming in the Winter Edition of OSURA News and Views.*

## Autumn colors just starting



*Photo by Larry Pribyl*

# Head Baseball Coach Mitch Canham meets OSURA



*Story by Raymond Brooks*

*Photo by Larry Pribyl*

On Monday November 17, 2025, Mitch Canham, the Pat Casey Head Baseball Coach of the Oregon State Beavers, addressed a room full of OSURA members. Mitch Canham answered questions about the recruiting, building an independent baseball schedule, his personal highlights from the 2024 season and insights about the OSU baseball program.

OSURA members learned about how the Beavers go about building their culture, individual player development, a strong family connection among the players and coaches, as well as personal development of the players outside the game that supports their future careers whether in baseball or other endeavors.

One of the first experiences each team faces in the fall is a three-day camp out in the Cascade foothills without their cell phones. The idea behind the outing is for the players to make real connections with their teammates. Returning to campus, each player commits to various requirements as players and students that involve consequences when one slips up. Failing to attend class means a player must sit out practice.

Coach Canham explained how the players must compete not with just the best of the U.S. players, but players from all over the world to reach the next

level of baseball. An example is Travis Bazzana, an Australian, who played here from 2021 to 2023. Travis set some of the highest goals possible for himself and team success. And although his desire to win a team national championship did not materialize, he was the first player taken in the 2023 MLB draft after his junior season.

Mitch Canham was named the head baseball coach in June 2019, and the world of college sports began to change dramatically following his hiring. Covid caused the cancellation of games and limited fan attendance at home games. The PAC 12 went from eleven baseball playing teams to two. OSU choose to play an independent schedule. NCAA rules changed with the transfer portal and NIL altering the landscape of recruiting. Coach Canham pushed forward with the attitude that the difficult things are what make you better as a player and person. Putting together an independent schedule required calling top teams across the nation looking for open dates for games. It required the Beavers to travel all over the country to compete against teams to build their RPI (an index that ranks teams). A high RPI ranking is needed to secure selection to the post season and the possibility of hosting tournament games. The choice to go independent and play a tough schedule proved successful as the Beavers were rewarded with a top eight national seed.

The OSU baseball program is in great hands with Coach Canham and the coaching staff of former players. Goss Stadium continues to be a magnet for talented players to who fit into a culture of family, personal integrity and Beaver believers.



**[Watch the recording.](#)**

# Travel Share Program

Rose Kenneke, Host

## Blunders, Bonuses, Burdens and Benefits: My Years of Travel Experiences (Stuff Rick Steves Left Out) by Brooke Collison



*Brooke Collison sharing his travel memories and insights with OSURA members on October 6th. (Photo by Larry Pribyl)*

When traveling in other countries, have you ever wondered what local residents or your fellow travelers thought about you? Brooke Collison enlightened us through narrative and photos.

As Brooke said, "Travel can be hazardous – it can, and should, change your world view; and you can learn what view others hold of you.



[Watch the recording.](#)

# Activities

## 3rd Annual Mini Golf Tournament at Lake Shore Lanes, Albany

July 9

The Third Annual Mini golf tournament was held at Lakeshore Lanes in Albany on July 9th under beautiful skies and a pleasant temperature. Ten OSURA members attended the event while another five were unable to attend due to other pressing matters that had come up that morning.

Participants had a great time with lots of conversations and discussions. The winner of the tournament was Jack Walstad.

After the tournament several of us went to Ciddici's Pizza, not far from Lakeshore Lanes and had a great lunch and many more conversations. The annual event has proven to be a lot of fun and gives participating OSURA members time to meet and communicate with other members of the organization.

Prepare yourself to join us in July 2026 for the Fourth Annual Tournament.

*Article and photos by Tony Amandi OSURA Program Committee Co-chair*



## Bald Hill Hike

August 27

After the May 2025 survey, Membership Services has developed three subcommittees on cultural, social and physical activity headed by Carolyn Aldwin, Joanne Sorte and Jaga Giebultowicz, respectively. The first activity was a successful hike on Wednesday, August 27th with 10 members participating in the Bald Hill Walk/Hike. This provided good opportunities for social interaction.

*Another hike is planned for Spring 2026, hopefully to coincide with the annual Trillium bloom.*



(Photo by Jaga Giebultowicz).

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## Movement Matters Presentation

December 10

**By Sally Bowman, Ph.D.**  
**Emerita Professor | College of Health**

Erica Woekel and Nikki Kurth of the College of Health gave a joint presentation to OSURA members on Dec. 10th entitled “Movement Matters”. Erica said that moving more is beneficial for everyone.

There are five components to successful exercise:

- enjoyment (participating is easier if exercise is a positive experience)
- consistent (scheduling a regular time for activity increases success)
- connection (supportive peers and instructors increase the exercise experience)
- goal orientation (setting your own personal goal is helpful)
- level of intensity (striving for moderate intensity, whatever that means for you)

The key message of this presentation was that brief bouts of movement are effective.

A UK study among adults who did not exercise showed that bouts of 1 to 5 minutes of movement



(Photo by Larry Pribyl)

every 30 to 60 minutes had positive effects on a variety of health outcomes.

In short, intermittent lifestyle physical activity was associated with decreases in major adverse cardiovascular events and mortality.

Nikki engaged the audience in a brief movement break and outlined the varied opportunities offered by OSU Faculty Staff Fitness. These include aerobics, aqua, mind and body, strength, specialties (like pickleball, golf), and adaptive activity. There are over 400 pre-recorded classes if you want to access them online. A flex pass allows you to try a Faculty Staff Fitness class to see if you want to join the class.



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**Teri Trujillo, Event Coordinator, University Events**

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