

OSURA News & Views

Fall 2012

OSURA Endows Scholarship with OSU Foundation

OSURA members, you made a difference. Thanks to you, OSURA was able to commit \$25,000 of its OSU Foundation funds to establish a scholarship endowment. These funds were raised during the past six years from your membership dues and your additional scholarship contributions.

Effective July 1, 2012, the new endowment will provide funds through Foundation earnings to augment OSURA's scholarships. Based on the estimated annual distribution of 4.5%, OSURA expects to fund one \$1,000 scholarship from the endowment earnings beginning July 2013. With on-going financial support from annual member dues and contributions, OSURA will be able to continue its funding of other scholarships and to gradually increase the amount in the endowment to generate more scholarship dollars. Members will now have the option to contribute directly to the endowment or to our general scholarship fund.

OSURA awarded its first \$1,000 student scholarship in 2006. Last year OSURA supported \$4,000 in scholarships, and has awarded \$5,000 for the current 2012-13 academic year. Read more about this year's deserving winners on page 5.



OSURA president Jim Krueger (front) signs endowment documents with Aaron Eskobar of the OSU Foundation.

OSURA To Host University-Wide Speaker on Healthy Aging



Judith Horstman

"Welcome to the New Old Age. In all of history, there has never been a better time to grow old."

OSURA will host Judith Horstman, a nationally-recognized science journalist, for a university-wide lecture on *The Healthy Aging Brain* on November 1 in the LaSells Stewart Center Engineering Auditorium.

This will be the first time OSURA has hosted a university-wide speaker. In addition to the OSURA lecture, Horstman will participate in a graduate seminar with students in OSU's Center for Healthy Aging Research.

Horstman, a member of the OSU journalism faculty in 1990-

92, is the author of four Scientific American books about the brain, her latest published just three months ago, *The Scientific American Healthy Aging Brain: The Neuroscience of Making the Most of Your Mature Mind*. Her other "brain" books are *Day in the Life of Your Brain*, *Brave New Brain*, and the *Book of Love, Sex, and the Brain*.

An award-winning journalist, Horstman writes about health and medicine for doctors as well as the general public. Her journalism career spans 40 years, from a small-town newspaper, *The Ithaca Journal*, to *USA Today* and *Gannett News Service* in Washington, D.C. She has been a *Washington correspondent*, a *journalism professor*, and a *Fulbright scholar*. Horstman has practiced meditation and yoga for more than 40 years, and is known for her expertise in describing complementary therapies. For many years she was a contributing editor for *Arthritis Today*, the magazine

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OSURA Board Members 2012-2013

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President's Message

The OSURA Board held its annual retreat on June 1st to review our first ten years. We recommitted to continuing the things we do well and also explored new ideas for OSURA. We will keep you informed about these via email. (And you can always keep up on Board business by clicking on Minutes on our website.)

As we begin our eleventh year, there are three things I would ask of you:

Support an Interest Group. We plan to begin one or more this year. Also, let us know what you would be interested in. Send ideas to me, or to the OSURA office.

Support our initiative to sponsor a University-wide speaker. Plan to join us on Thursday, November 1, to hear Judith Horstman, (7:00 P.M., LaSells-Stewart Center) speaking on "The Healthy Aging Brain."

Help us get more people involved. Bring a friend who is an OSURA member to one of the events you like to go to. And let us know about prospective new members, especially ones from your former department or office.

This May, I represented OSURA at the annual meeting of the Northwest University Retiree Associations (UW, WSU, EWU, UI, MSU, WWU, UBC, PSU, and OSU) in Spokane. I shared information about OSURA and learned what others have been doing. Our programs compare favorably with those of our sister associations, all of which are very active.

I look forward to seeing you at one of our 2012-13 OSURA events and wish you a great year ahead.

Jim Krueger, President of OSURA, 2012-13

POWERED BY ORANGE

As I enter my year as Board President, I'd like to thank you for being a continuing member of the OSU Retirement Association. Through your financial support (dues and donations) and active participation, you have helped OSURA become a significant part of the Oregon State community. Key areas include:

- Scholarships each year for several students
- Volunteer service to OSU
- Enjoyable social and educational events for all members

We get critically important financial support from the OSU University Relations and Marketing office. This serves as our formal link to OSU and is vital to our operation. Much of the real work involving communication with members takes place in their office. On behalf of OSURA, I want to express our sincere appreciation to Vice President Steve Clark, and to his talented co-workers, Kate Sanders, Shelly Signs and assistants.

Highlights of recent activities are described in this Newsletter and, hopefully, if you attended, you'll agree that they were worthwhile and fun. What really stands out from last year (actually from the last six years) is the creation of our \$25,000 Endowment for Student Scholarships with the OSU Foundation. This represents a gift from you, and all of us together, to OSU. It will fund, from the earnings, at least one scholarship each year – and this will be the case in perpetuity. That's an accomplishment we can all be proud of. Of course, we still rely on our current dues, not only to fund programs, but also to provide the major part of our annual scholarships.

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.

Tee Off for Golf

September's on its way and it's time to sign up for the 9th Annual OSURA Golf Tournament scheduled for Tuesday, September 11, at the Trysting Tree Golf Course. The event begins at 2 pm with a chipping clinic by golf pro Sean Arey, followed by the golf scramble at 3 pm and dinner at 5:30 pm.

According to Tournament Coordinator Mary Ann Roberts, this is an easy golf format that's "fun for both experienced and novice golfers". Invite your non-OSURA friends (62 and over for golf) to join you for this lively social occasion.

This year's guest dinner speaker is Ariko Iso (OSU 1993), Oregon State's head football trainer. Ariko joined the Beaver football program in June 2011 following nine years as an athletic trainer for the Pittsburgh Steelers, the only female athletic trainer in the NFL.

Cost is \$32.00 for golf and dinner (BBQ chicken plus sides); \$15.00 for dinner-only. A no-host bar is available at the Trysting Tree Clubhouse. OSURA members who sign up for the



Ariko Iso helps prep running back Malcom Agnew for practice.

dinner-only option should arrive between 5-5:30 pm.

Registration information was included in a recent OSURA mailing. If you missed it, email OSURA@oregonstate.edu for forms and instructions. The deadline for golf sign-ups is September 1.

Thanks to the members of the Golf Committee for organizing this popular event: Carol Kronstad (Chair), Mary Ann Roberts (Tournament Coordinator), Jack Ross, Donna Gregerson, Gary Meddaugh, Murray Laver and Barb Whitney.

See you there! 🏏

Ariko Iso Speaker at Golf Tournament

Ariko Iso will be the featured dinner speaker for OSURA's 9th Annual Golf Tournament on Tuesday September 11 at Trysting Tree Golf Course.

Iso joined the Oregon State staff in June of 2011 as the head football athletic trainer after spending nine years on the staff of the Pittsburgh Steelers. She was the only female athletic trainer in the NFL.

Iso graduated from Oregon State with a bachelor's of science degree in health and human performance in 1993 and earned a master's of art in physical education from San Jose State University in 1995. She is a member of the National Athletic Trainers Association and the Professional Football Athletic Trainers Society. The Tokyo native is certified by the National Athletic Trainers Association.

Prior to accepting the position with the Steelers, Iso spent five years as the associate athletic trainer for Portland State University, where she served as the head football trainer. Her collegiate career also includes serving as the assistant athletic trainer at Foothill College in California for nearly three years.

In addition to her collegiate experience, Iso has served as the head trainer at the 2006 World 21 and Under Track Championships, the 2001 World Cross Country Championships, the 1998 Yokohama International Ekiden and the 1996 East-West Shrine Football Game. She has also worked at the Nike World Master Games, U.S. Mobil Outdoor Track and Field Championships, and at the 1994 World Cup Soccer tournament. 🏏

Horstman cont. from page 1

of the Arthritis Foundation, for which she wrote the well-regarded book, *The Arthritis Foundation's Guide to Alternative Therapies*. She has been a Tai Chi student of Dr. Paul Lam, who is the co-author of *Overcoming Arthritis*, a 2002 book on complementary therapies and Tai Chi for arthritis.

Horstman lives in California near her children and grandchildren, and travels as widely and often as possible. 🏏

What's Happening? Save these Dates

Sept. 11 Golf and Dinner

OSURA 9th Annual Golf Tournament at Trysting Tree Golf Course with featured speaker Ariko Iso

Sept. 18 University Day

10:30 a.m. Main Session, LSC
12:00 p.m. Expo, Alumni Center

Oct. 24-25: Career Fair

Contact Sue Borden to volunteer
sueborden@comcast.net

Oct. 4: Employee Benefits Fair

10 a.m. - 2 p.m., MU Ballroom
Retirees welcome

Nov. 1 Judith Horstman

"Healthy Aging Brain"
7:00 p.m. LaSells Stewart Center
Free

Flu Clinic: Date TBD

Volunteer Opportunity
Contact Sue Borden for more
information: sueborden@comcast.net

TRIVIA: What academic/administrative buildings still being used on campus were originally built as student residences? Hint: These were group residences (not single family homes) and there are at least nine (9) of them.

The answer can be found on our Web site: oregonstate.edu/osura

New Board Members

Four new members were elected to the OSURA Board of Directors at the May Annual Meeting. They are **Roy Arnold, Cheryl Lyons, Gordon Reistad** and **Tony Van Vliet**. In addition, current Board members Helen Polensek and Terri Tower were elected for another three-year term.

Roy Arnold became Dean of the College of Agricultural Sciences (CAS) at OSU in 1987, following 20 years in faculty and administrative positions at the University of Nebraska-Lincoln (UN-L). He served as OSU Provost and Executive Vice President from 1991-2000, and as Executive Associate Dean of CAS from 2000 until his retirement in 2006. Roy earned his B.S. degree from UN-L, and M.S. and Ph.D. degrees in Food Science & Technology from OSU. He has served on the OSURA Member Services Committee, including two years as committee chair.

Cheryl Lyons retired as the Director of Printing and Mailing Services in June 2011 and continued to work on a 1039 appointment through that December. During the 8 years that she led Printing and Mailing Services, Cheryl oversaw the staffing and technological changes needed to keep pace with changes in the printing industry itself, transitioning from large quantities of printed materials for mass marketing to one-to-one marketing and on-line forms and information. Cheryl and her husband John live in Salem and enjoy family and traveling, having recently returned from three weeks in the Mediterranean. They have four children, six grandchildren and two great grandchildren, and vacation with four of their grandchildren each year. This summer that included zip-lining in Gaston (Oregon). Cheryl also helps care for her 86-year-old parents who still live independently in the Salem area.

Gordon Reistad came to OSU in 1970 to be an assistant professor in the Mechanical Engineering Department. In addition to his 35 years of teaching and research at Oregon State, he served as department head of Mechanical Engineering from 1986 until 2003 and as Associate Dean of the College of Engineering from 2001 until 2005. His technical expertise is in thermodynamics and energy systems. Since retiring, he has enjoyed the more relaxed life it allows, including more time with family and friends, reading for pleasure, travel, walking/hiking for exercise, golf, birding and selective volunteering. Gordon and his wife Kathleen have two sons and four grandchildren.

Tony Van Vliet, born and raised in San Francisco, came north to study Forestry at OSU, graduating in Forest Products and Wood Science in 1952. He holds an MS in Forest Products from OSU and a PHD in Wood Industry Management from Michigan State. He was a professor in the College of Forestry and the first Forest Products Extension Specialist in the State of Oregon. While teaching he also served as Director of University Placement before retiring after 35 years at OSU. Tony entered politics in 1974, winning a seat in the Oregon House of Representatives where he served for 20 years until 1994. Since then he has served on numerous local and state boards, including Oregon's Environmental Quality Commission, the Oregon Public Broadcasting Board of Directors, the State Board of Higher Education, and the Corvallis Riverfront Commission during its construction period. His most recent assignment is on the new Higher Education Coordinating Commission. Tony and his wife Louise have four grown children and seven grandchildren. 🏠



OSURA FY 2013 Board. Back: Kate Sanders (office manager), Roy Arnold, Cheryl Lyons, Terri Tower, Jim Krueger, Dave Chilcote, Carroll DeKock, Tom McClintock, Mary Ann Roberts. Front: Helen Polensek, Gerry Olson, Carol Kronstad, Sue Borden, and Tom Savage. Not pictured: Tony VanVliet and Gordon Reistad.

Scholarship

Cont. from page 5

Ambassador, co-founder of the OSU Bangladesh Student Association and Assistant Volunteer Coach of the Corvallis High School Lacrosse program.

KALIE VAUGHN, from Silverton, OR, is majoring in Interior Design/Housing Studies, minoring in Business and also will earn a certificate in Gerontology. She is working with Dr. Carmen Steggell, Associate Professor in Design and Human Environment, studying aging adults and how they interact with their environment. Kalie is active in several University and community organizations and programs including Habitat for Humanity. 🏠

MEMBER ALERT!!

OSURA Dues Restructure

The OSURA dues structure has been revised for the remainder of the 2012-13 membership year.

The OSURA Board implemented a new Household Membership category for \$30 per year, intended for a retiree and his/her spouse or partner.

Individual memberships will remain \$20, with half going to the scholarship fund. The Board has yet to decide how much of the \$30 dues will be designated for the scholarship fund.

Those who have already paid dues for 2012-13 remain on the previous rate structure.

OSURA Awards Five Scholarships

The OSURA Scholarship Committee presented \$1,000 scholarships to five outstanding OSU students at the OSURA Annual Meeting on May 9.

Committee member Tom Savage reported that they received 68 applications, almost double the number from last year, which made the selection process difficult. The Committee expects to receive even more applications in 2013 due to improved advertising, ever-rising tuition costs, and potentially more scholarship funding from the combination of member contributions and of OSURA's newly-established scholarship endowment.

Listed below are biographical sketches of the five 2012-13 OSURA scholarship recipients. All five students are on the OSU Honor Roll.

JACKSON OLSON DOUGAN, a junior from Hood River, OR, has three majors – Biology, Chemistry and International Studies in the Honors College - with specialization in Advanced Biochemistry and Environmental Chemistry. Jackson minors in Spanish, is active in several University organizations, and plays the clarinet, violin and piano.

ALEJANDRA MARQUEZ LOZA, from Ponce, Puerto Rico, is a junior majoring in Bio Resource Research. For her required “significant thesis research project” she is working in the laboratory of Dr. Kathy Magnusson, Department of Medical Sciences in the College of Veterinary Medicine. Alejandra is active in several University student organizations, including as an ambassador for the College of Agricultural Sciences, Natural Resources and Forestry, and as a member of the Latinos in Pre Med Club.

ELIZABETH J. RAGAN is a junior with a double majors, one in Anthropology with a Biocultural option and one in Public Health with a Health Promotion and Behavior option. Elizabeth is active in several University organizations and programs including as a writing assistant in the OSU Center for Writing and Learning, Program Director with the MU Program Council and with the Center Against Rape and Domestic Violence.

MINHAZUR SARKER, Corvallis, is a junior majoring in Microbiology with a minor in Chemistry. He is working as a student researcher in Dr. Manoj Pастey’s laboratory in the College of Veterinary Medicine, where he is attempting to determine the function of a HIV viral protein. Minhazur is active in several University organizations including as a College of Science Student



Tom Savage (left) and Jean Peters (far right) with scholarship recipients Alejandra Marquez Loza, Minhazur Sarker, Elizabeth Ragan and Jackson Dougan (from left to right). Not pictured: scholarship recipient Kalie Vaughn.

Scholarship: continued on page 4

Ross and Jorgensen Named Volunteers of the Year

Two outstanding OSURA members received recognition as the 2012 Volunteers of the Year at the OSURA Annual Meeting in May.

Jack Ross was recognized for his long-time participation in the OSURA Golf Committee. He has secured most of the donated prizes for the Golf Tournament since its inception, plus does all the “varmint control” at the Trysting Tree Golf Course in exchange for range balls and free golf. Jack arrived in Oregon in the mid-40s, graduated from OSU [then OSC] and worked for OSU Extension as a county agent and a district supervisor, retiring in 1975 as an Associate Director of Extension. He has given countless volunteer hours to OSURA and the community, especially as a member of Kiwanis. Unfortunately, Jack was not in attendance to receive his award, appropriately off playing golf in Arizona.

The second award was presented to **Stephanie Jorgensen** for her work as a member of the OSURA Program

Committee, especially for her organization of the Oregon Garden Trip, Bard in the Quad, and winter theater. OSURA members who played Bingo at the 2011 Fall Kick-Off can attest to Stephanie’s enthusiasm and theatrical flair that added to the fun of the event. Stephanie has strong interests in the arts, especially music and theater. She currently is a member of Jubilate! and recently performed with the group in Denver at a national event. 🎵



Sue Borden (left) with Volunteer of the Year Stephanie Jorgensen (right).



OSU Retirement Association

Oregon State University
205 Adams Hall
Corvallis, OR 97330

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YES!

I/We would like to renew/begin a membership with OSURA. Please enclose the membership fee of \$20 per individual or \$30 for a household. Donations are gladly accepted and may be specified to go to the Scholarship Fund. Please make checks payable to OSURA. **Membership year runs from July 1 - June 30.**

**OSURA Annual Dues: \$20 Individual
\$30 Household**

Annual Dues:	_____
Scholarship Fund:	_____
Total:	_____

Name

Department Retirement Date

Household Member

Department (If applicable) Retirement Date

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.