

# OSURA News & Views

Fall 2014

## Vydra Hits the Mark



Guest speaker Marianne Vydra (center) chats with Bill Smart (left) and Kathy Heath (right) at the OSURA Fall Kick-Off held in September.

Marianne Vydra's serve still packs a punch, this time for public speaking instead of volleyball. As guest speaker for OSURA's Fall Kick-Off last month, Vydra [pronounced VEE-drah] gave a 'behind the scenes' account, along with personal reflections, of working with the challenges and opportunities of today's intercollegiate athletics.

She related her own experiences as a student athlete at Missouri State University, describing how even a short person (5'2") like herself could become invaluable to a college women's volleyball team. "I never missed a serve," she said, "so I got to play when we really needed points. I found something I could be good at and worked to make myself indispensable."

Not only has that outlook shaped Vydra's successful career in intercollegiate athletic administration, it also reflects her philosophy on educating today's students. One of her favorite activities is teaching a one-credit course for student athletes, Everyday Champions Leadership Exploration, where she can focus on two of the priorities for students in OSU's athletic programs - learn to be a leader and work on academic success. "A 4.0 is a choice," she quips. Her message to the OSURA members and friends in the audience was the same as the one she tells her students - find something you can do well and make yourself indispensable. *Continued on Page 3*

## Keep Up With the Business of Retirement

Your financial and estate planning situations may be in good shape - or not. Whatever your circumstances, here's an opportunity to learn and review what's working best in "the business of retirement."

This educational workshop, presented by OSURA's Member Services committee, is scheduled for Thursday November 6, 2:30-4:30 pm in the OSU Foundation Board Room. Entitled "The Business of Retirement", the workshop will provide timely advice, information and Q&A discussion on a wide range of

financial and estate planning topics.

Ron LeBlanc and David Beckham, the two primary presenters and discussion leaders, are professionals in the fields of financial planning and estate planning with a total of 72 years of experience in their respective areas. LeBlanc (Salem/Portland) is a Certified Financial Planner, and Beckham (Albany) is a practicing attorney specializing in estate planning.

The workshop is designed to assist OSU retirees and current faculty and staff members who are planning for

retirement. Participants will receive fact sheets on ten estate planning subjects, including wills, revocable trusts, tax provisions, advance directives and long-term care. Attendees also will be given a comprehensive set of worksheets to help them organize their confidential records, followed by a discussion of how to securely store such information.

Parking permits are not required at the OSU Foundation, SW 35th/Western. Non-OSURA guests are welcome. 🏠

### OSURA Board Members 2014-2015

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# President's Message

Back to AROHE, there is much to learn by association with like-minded groups, and the interchange at this conference was rich with ideas. You will see a few of these ideas tried out in the months ahead. Perhaps you'd like to lead a special interest group on photography, or share ideas you have for new volunteer activities in working with student or community groups. OSURA volunteers give over 250 hours annually to University activities, with an estimated dollar value over \$5,000. But the total value of our involvement is measured not only in dollars, but in the rewards stemming from informal interactions, plus the visibility and support shown as we advocate for OSU.

The second professional meeting was the Northwest Regional Retirement Association (NWRRA) which met in Seattle in September. Past President Tom Savage and I participated in this one-day conference which was jam-packed with great ideas. For example, the University of British Columbia holds a Philosophy Buffet, featuring various departments sharing information and fostering interchange with current faculty and students. And the Central Washington University Retirement Association is revitalizing its "Living History" project, where members interview retired faculty and staff to capture the rich history of their university. OSU has a Sesquicentennial Celebration coming up soon – so this is an idea we could draw on. What a great opportunity it was to meet and talk with our neighboring Retirement Associations!

My hope for the year is that you will find many ways to enjoy your OSURA Membership.

Gerry Olson, President of OSURA, 2014-15

**POWERED BY ORANGE**

**Hello to all OSURA members** and welcome to our 2014-15 year of interesting programs, outstanding events, and fun! OSURA is powered by its members, committees, and Board representatives, which means that we need you all to have a successful year. There are many ways to contribute to your Retirement Association. We hope you can find time to attend programs, join a committee, volunteer, and/or share your ideas for new activities. There are many opportunities, so keep an eye on your e-mail.

As your president I was privileged to attend two professional conferences recently. The first was the Association of Retirement Organizations in Higher Education (AROHE) which met in Minneapolis in August. Over 90 associations were represented there, ranging from those which are informal, to associations that have retirement centers with their own buildings and staff. OSURA falls somewhere in between. We have some University budget and staff support, but most of our operating funds come from membership dues and scholarship contributions. We enjoy support from the central administration of OSU, and work to keep these connections strong. We have a new staff liaison this year, welcome to Shari Brumbach, University Events. She will help keep us organized and contribute her expertise to our various forms of communication.

## Calling All Writers

Get your name in the news. The OSURA newsletter editor is seeking writers to contribute articles, conduct interviews, and cover events for *OSURA News and Views*. Contact Terri Tower, [tktower@peak.org](mailto:tktower@peak.org), if you are interested. 🏛️

## 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](http://oregonstate.edu/osura).

# Nanotech Leader to Present Program



Skip Rung of the Oregon Nanoscience and Microtechnologies Institute (ONAMI) will be the key presenter on Tuesday October 21, 4-5 pm, for an OSURA program on “Commercial Applications of Nanotechnology and the Role of Research Universities.”

OSURA’s Program Committee is varying venues this year, and this presentation will be held in the Community Room on the 2nd floor of Market of Choice, north side of building. Stairs and elevator

access are available. Because seating is limited, please RSVP to George Keller [george.keller@oregonstate.edu] if you’d like to attend. Priority will be given to the first 25 people to sign up. Food and beverages may be purchased in Market of Choice prior to the presentation. No outside refreshments are allowed.

Rung is the founder, President and Executive Director of ONAMI, Oregon’s first “Signature Research Center”, which represents a unique collaboration among Oregon’s research universities and the Pacific Northwest National Laboratory. The Institute’s dual missions are to grow “small tech” research in Oregon and to commercialize technology to advance Oregon’s “silicon forest” technology cluster.

Rung’s career includes extensive experience with Hewlett Packard in technology engineering. He received both his BSEE and MSEE from Stanford University.

# Fall Kick-Off

*Continued from Front Page*

This is the first time the OSURA Fall Kick-Off has been held at the Corvallis Country Club, and also the first time it did not include an organized golf tournament. About 15 golfers enjoyed the warmth and sunshine of the afternoon for nine holes of golf. A total of 45 OSURA members and friends were on hand for the tasty buffet dinner, welcome remarks by OSURA president Gerry Olson, and guest speaker Vydra.

Vydra is the Senior Associate Athletic Director at OSU. This year she has supervisory responsibility for seven sports – men’s baseball, soccer, and rowing, and women’s basketball, gymnastics, golf and swimming. Last year she had men’s football and basketball under her purview.

Vydra grew up in Springfield, Missouri, and earned degrees in biology and education from Missouri State University and the University of Maine, respectively. She joined the OSU Athletic Department in 1992. 

**Stay Up to Date With PERS Legal Challenges.** The next phase in the legal proceedings in *Moro v. State of Oregon* is for the Oregon Supreme Court to begin hearing arguments and motions from both sides of the case. *Moro* challenges the changes made to PERS retiree benefits during the 2013 legislative session. The Special Master appointed to the case last year has submitted his findings and recommendations to the Supreme Court, and the Court is expected to begin the next phase of proceedings this Fall. Further information will be available on the Oregon PERS Retirees, Inc. (OPRI) website: [www.opri.org](http://www.opri.org) and on other internet sites by searching under the case name.

<h2>What's Happening?</h2> <p>Save these dates:</p>	<p>October 21   4-5 pm Nanotechnology Program Guest Speaker, Skip Rung (ONAMI) Market of Choice Community Room 922 NW Circle Blvd RSVP Required</p>	<p>November 6 Workshop The Business of Retirement 2:30-4:30 pm OSU Foundation Board Room</p>	<p>January 9 Women’s Basketball 5 pm Dinner/Speaker, LSC 7 pm Game (UO) Gill Coliseum <i>Reservations Required</i></p>	
	<p>October 22-23 Fall Career Fair Volunteer Opportunity Contact <a href="mailto:kathymotley@comcast.net">kathymotley@comcast.net</a></p>	<p>November 11   12 noon AROPE Luncheon, Elks Lodge Guest Speaker, John Block (SHIBA) Understanding Health Ins. Options Luncheon \$15</p>	<p>February 27 Women’s Gymnastics 5 pm Dinner/Speaker, LSC 7 pm Meet (Utah) Gill Coliseum <i>Reservations Required</i></p>	
	<p>October 28-29 Fall Training Days Volunteer Opportunity Contact <a href="mailto:kathymotley@comcast.net">kathymotley@comcast.net</a></p>	<p>November 13 Tentative Program Travel Smart, Pack Light Guest Speaker, Anne McAlpin First United Methodist Church 1165 NW Monroe</p>	<p>May 6 (Tentative) OSURA Annual Meeting OSU Foundation Board Room</p>	
			<p><i>Check OSURA’s website for event details: <a href="http://oregonstate.edu/osura/events-calendar">http://oregonstate.edu/osura/events-calendar</a></i></p>	

## OSU Trivia Question

Buena Margason Maris Mockmore Steinmetz – say it fast three times – was a notable Extension faculty member and Dean of Women at OSU (then OSC) between 1939 and 1953. Her first husband Homer also made an important contribution to the college two decades earlier while he was studying for his master’s degree in agriculture at what was then OAC. What was his contribution?

Check OSURA’s website for the answer: <http://oregonstate.edu/osura/>

## OSURA Connections OSU Folk Club Thrift Shop

Contributed by Doris Waring, Thrift Shop Volunteer



OSURA members and long-time Thrift Shop volunteers Barbara Moon, JoAnne Trow and Kathy Heath work in the clothing section.

Although it's 65 years old, the OSU Folk Club Thrift Shop is not going to retire anytime soon. In fact, its current cadre of volunteer workers are upgrading the Thrift Shop's image and generating new enthusiasm for the venerable shop that has contributed so much to the community over the years.

Thrift Shop organizers encourage OSURA's women members to join the ranks of the store's 165+ volunteers to support OSU, its students, and the community. Currently the Thrift Shop's greatest need is for more volunteers. The Shop is run entirely by women who are or have been connected with OSU. And for OSURA men, come in and shop!

Originally opened in 1949 to raise funds for Good Samaritan Hospital, the Thrift Shop has

### Ways OSURA members can support the OSU Folk Club Thrift Shop

- Volunteer your time (eligible women).
- Donate or consign your good used clothing or household items.
- Shop in the store.
- Make direct financial contributions. The Thrift Shop is a 501(c)(3) organization, so your contributions are tax deductible.

continued operation with great success since that time. The current purposes are to raise funds for scholarships for OSU students and grants for the local community, as well as to provide good used clothing and household items for customers and checks to consignees when their items sell.

Volunteer shifts are 2 1/2 hours. Most shifts are during regular store hours Tuesday through Saturday and involve everything from taking in clothing and household items to working the sales counter. Spots also are open for the Monday morning donation crew and for markdown on one Saturday afternoon each month. Eligible volunteers are current or past members of the OSU Folk Club; wives and female partners of, and women who are current and retired OSU faculty (academic, professional and courtesy); and retired women classified staff.

The Thrift Shop is one of many consignment shops in Corvallis, but the only one that returns 75% of the sale price to the consignee. With the remaining 25%, the Shop pays its operating expenses and partially funds grants. Scholarship funds come from donations and markdown of consigned items that do not sell or are not taken back by consignees.

Visit the Shop on the corner of NW 2nd and Jackson in Corvallis and see for yourself the busy activity and the bargains available. Ask anyone with an orange apron about how you can volunteer and/or contribute to this profitable organization.

## Block Tapped as Volunteer of the Year

John Block was recognized as OSURA's Volunteer of the Year at the May 2014 Annual Meeting.

John served on the OSURA Board of Directors from 2009-12 and chaired the Scholarship Committee for the last two of those years. After his three-year term on the Board, John continued to be involved with the Scholarship Committee and also added his efforts to the Member Services Committee. As part of this committee, John organized a successful program in Fall Term entitled "The Affordable Care Act: Should I Care?", bringing together a number of community health care professionals who were engaged in the implementation of the new regulations. He also developed a comprehensive handout of local exercise and fitness resources to supplement last winter's program on "Aging Actively in a Sedentary World."

John has been a certified volunteer SHIBA (Senior Health Insurance Benefits Assistance) Medicare advisor since 2005, helping numerous OSURA members and others to understand the intricacies of Medicare plans and supplements, often offering one-on-one assistance.

## OSURA Elects New Board Members

**Mary Alice Seville** and **Jack Walstad** were elected to the OSURA Board of Directors at the May 2014 Annual Meeting. Regrettably, Mary Alice recently resigned from her position, citing responsibilities for other commitments. Jack's three year term will run from 2014-2017.

Jack Walstad joined OSU's College of Forestry faculty in 1980 after working as a forest ecologist and research manager for Weyerhaeuser Company in several states. He served as Department Head of Forest Resources from 1989 until his retirement in 2007. Jack earned B.S., M.F., and Ph.D. degrees from the College of William and Mary, Duke University, and Cornell University, respectively. Since retirement he and his wife JoAnne have traveled throughout Europe. Other trips take them to Sacramento and Southern California to visit children and grandchildren. Jack's primary hobbies are household projects, photography, genealogy, and golf.



OSURA Board of Directors 2014-15. Back row, from left: Tony Van Vliet, Gordon Reistad (President-Elect), Jack Walstad, Roy Arnold, Sue Borden, Tom McClintock, Barbara Moon (Secretary) and Cheryl Lyons (Treasurer). Front row, from left: Tom Savage (Past President), Jack Drexler, Shelly Signs (University Events), Dave Chilcote, Mary Alice Seville, Helen Polensek, Gerry Olson (President) and Terri Tower.

# Scholarships Awarded to Six Students



**OSURA 2014–2015 Scholarship Winners.** From left: Gordon Reistad (OSURA Scholarship Chair–elect 2015), Nicholas Agalzoff, Erika Sawka, Olivia Fidler, Amy Walters, Sarah Jacobi, Wes Brown, and Roy Arnold (OSURA Scholarship Chair 2014).

OSURA awarded a record of six \$1,000 scholarships to OSU undergraduates at the May 2014 Annual Meeting. In addition to excellence in academics, all of these outstanding recipients demonstrated how their studies would lead to careers that improve healthy aging.

**Nicholas Agalzoff** (Honors College), a senior from Astoria, is working toward a degree in bioengineering. He has completed research internships in two different laboratories in the College of Engineering. One project focused on creating polymer discs that could potentially serve as spinal replacements and the other used matlab and three dimensional modeling programs to quantify an average heart shape with the goal of devising a new method for detecting defects in developing hearts. His Honors College thesis project will use finite modeling to determine the stress, strain and size conditions under which an aortic aneurism will rupture. After graduation, Nicholas plans to pursue a master's degree in biomedical engineering. His goal is to promote healthy aging by applying his skills in the sciences to develop new medicines, artificial limbs and even artificial organs.

**Wes Brown** (Honors College) is a junior from Bend seeking degrees in Bioresource Research and International Studies, with minors in Chemistry and Spanish. He is engaged in research in the Unnatural Protein Facility Research Laboratory in the Department of Biochemistry & Biophysics. His project focuses on oxidative stress and a specific hormone involved with maintaining low levels of oxidative stress

in the body. The goal of the research is to create a potential injectable drug that could help regulate unusually high levels of oxidative stress, such as in joints suffering from arthritis. Wes has an EMT license and volunteers at Philomath Fire & Rescue to gain patient care experience and learn essential life-saving skills. He plans to study in Ecuador for part of this year. His career goal is to work in neurology or neurosurgery, or to go through M.D./Ph.D. programs to become a medical researcher in neurobiology.

**Olivia Fidler**, a junior from Ashland, is in the Dietetics/Pre-Nursing program with a minor in French. Her volunteer activities on campus and in the community encourage healthy aging by implementing healthy lifestyle choices. She is involved in Healthy Meals 101 cooking classes for college students, and works as a volunteer at a charter school lunch program to increase the nutritious options available for elementary school children. She is a Peer Leader for a U-Engage class for new OSU students. Following graduation, Olivia plans to earn a nursing degree. Her passion is nutrition, and with both dietetics and nursing degrees she hopes to improve healthy aging regardless of the generation she's treating through the implementation of healthy lifestyle practices, which can reduce the risk of chronic illnesses and lead to better quality of life at all ages.

**Sarah Jacobi** (Honors College) is a senior from Issaquah, WA studying toward a degree in Exercise & Sport Science with an

Occupational Therapy option. She also is in the International Degree program. Sarah is active in International Students at Oregon State University (ISOSU), serving as a mentor to advise and support new international students in their transition to the U.S. and to OSU. She has served as an orientation leader for groups of 60 new international students. Sarah conducted research for her Honors and International Degrees at a prosthetics and orthotics rehabilitation center in Dakar, Senegal, and saw the significant role prosthetics can play in patients' wellness. Prior to her travel to Senegal, she studied the Wolof language to be able to communicate in the native language of the region. After graduation in June 2016, Sarah plans to earn a master's degree in prosthetics and orthotics, with the goal of becoming a prosthetist.

**Erika Sawka**, (Honors College), a senior from Lake Oswego, is completing her degree in Nutrition with minors in Chemistry and Spanish, and a Medical Humanities Certificate. Erika is a Peer Health Advocate at OSU, volunteers at the Albany Urgent Care Medical Clinic, and has served as a lab assistant in the Skin Cell Biology Laboratory in the College of Pharmacy. She also has worked as a research assistant conducting child development assessments in a Flame Retardants and Home Environment on Children's School Readiness project. Erika interned at the Chiang Mai Hospital in Chiang Mai, Thailand, shadowing physicians and learning different cultural aspects of medicine in the orthopedics, dermatology, traditional medicine, obstetrics and gynecology, and neurology departments. This past summer she volunteered at a Women's Refuge in Buenos Aires, Argentina. Erika plans to promote healthy aging through a career in medicine, dreaming someday of becoming a physician for Doctors Without Borders.

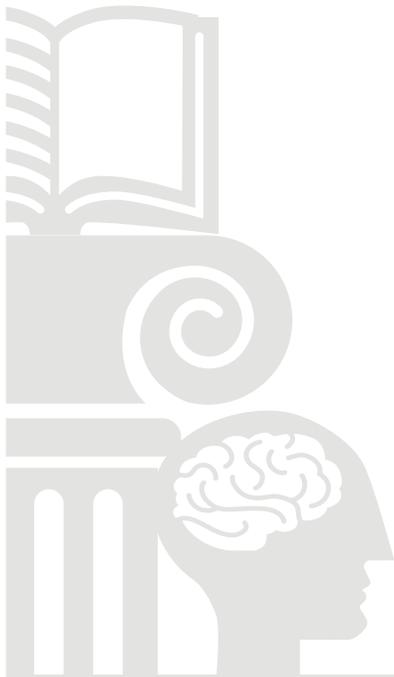
**Amy Walters** (Honors College) is a senior from Grants Pass working toward a degree in Exercise & Sport Science. Her campus and community activities include the Physical Therapy and Allied Health Club at OSU, Physical Therapy observation hours at Corvallis Manor, the IMPACT Program working with children with disabilities, and math tutoring at Corvallis High School. Her Honors College thesis research topic is range of motion in the joints of llamas and alpacas, studying under the supervision of an OSU Veterinary Surgeon. Amy's career goal is to become a physical therapist, motivated to pursue this career by her own experience of losing mobility and depending on other people following ACL reconstructive surgery.



# 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. 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.**

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

2013-2014  
Annual Dues: \_\_\_\_\_

Scholarship Fund: \_\_\_\_\_

Scholarship  
Endowment: \_\_\_\_\_

**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](mailto:osura@oregonstate.edu).