

# OSURA News & Views

Winter 2014

## Age Actively In a Sedentary World



**Dr. Deborah John**, speaker for OSURA's Member Services Program.

The headline tells the subject, now come hear the story. Join other OSURA members for an

interactive program on "aging actively" with Dr. Deborah John, Asst. Professor in OSU's School of Biological and Population Health Sciences, on Wednesday, February 19, 2:30-4 pm, in the OSU Foundation Board Room.

Throughout Dr. John's career as an exercise and fitness professional, she has guided people of all ages toward a path of health and fitness, using "intentional exercise" as a tool to promote active living. According to Dr. John, active living can prevent many of the chronic health

conditions that seem to come with age. However, living actively in later years may be challenging for adults who have been socialized into more sedentary work and leisure habits.

OSURA's Betty Miner, chairing the event for the Member Services Committee, says that Dr. John will talk about the essential role of physical activity in healthy aging, and will have attendees practice easy ways for being active every day.

Dr. John received her

advanced degrees in Exercise Science/Psychology from University of West Florida and Oregon State University. In addition to the School of Biological and Population Health Sciences, Dr. John is Public Health Faculty in Extension Family and Community Health and a Faculty Affiliate of the Center for Healthy Aging Research in the College of Public Health and Human Sciences.

Parking is free in the OSU Foundation parking lot at SW 35th and Western. 🏠

## OSURA strengthens ties to other groups

In recent months OSURA has strengthened its connections with University and community groups with similar interests, notably the OSU Alumni Association, the OSU Foundation and the Association for Retired Oregon Public Employees (AROPE).

According to OSURA President Tom Savage, OSURA has joined efforts with the Alumni Association and the OSU Foundation to reach out to an estimated 5,000 retired and active OSU employees over age 65 to encourage membership in both OSURA and the Alumni Association (OSUAA), and to garner support for the OSURA scholarship endowment held with the OSU Foundation.

The proposed offer would include an individual life membership in the OSUAA (\$700), a contribution to OSURA's scholarship endowment (\$300), and a one-year membership in OSURA. Contributors also would become part of the President's Circle of donors. Details are still to be finalized.

The letter outlining the offer is expected to go out in late

February to retirees and active employees over age 65 who are not already lifetime members of the OSUAA. A person does not have to be a graduate of Oregon State University to join the Alumni Association. Carol Kronstad, longtime supporter of both OSURA and OSUAA, has graciously agreed to be the signatory for the letter.

At its January meeting the OSURA Board also approved a restatement of an agreement with AROPE, outlining ways in which the two organizations can cooperate for the mutual benefit of their members. The original agreement was signed in 2002. Special thanks to Gerry Olson, OSURA president-elect and AROPE board member, for her liaison efforts between the two organizations. 🏠



**Carol Kronstad and Tom Savage**

### OSURA Board Members 2013-2014

**President:** Tom Savage  
**President-elect:** Gerry Olson  
**Past President:** Jim Krueger  
**Secretary:** Barbara Moon  
**Treasurer:** Cheryl Lyons

Roy Arnold  
Sue Borden  
Dave Chilcote  
Jack Drexler  
Carol Kronstad

Tom McClintock  
Helen Polensek  
Gordon Reistad  
Terri Tower  
Tony Van Vliet

### Newsletter & Contact Info

**Editor** Terri Tower  
**Layout** Kelly DiCristina  
**Phone** 541-737-4717

**Website** oregonstate.edu/osura

**Oregon State**  
UNIVERSITY



# President's Message

spring as well. The Program Committee has added an exciting new event for March, a presentation and on-site tour of Hewlett Packard's Nanotechnology Lab. Stay tuned for more details. OSURA now has a Travel Interest Group and a new Golf Interest Group may be starting soon.

During the winter term OSURA begins its annual scholarship solicitation for students who are interested in careers associated with healthy aging. If you know of a promising student, please refer them to the OSURA scholarship application on our website.

Beginning in March, Kelly DiCristina, our OSURA office manager in the University Events office, will be on maternity leave. Best wishes, Kelly, and we look forward to your return in June.

OSURA does not plan to produce another printed newsletter this fiscal year, and will be relying on our email listserv to communicate with members.

Finally, if you have suggestions about programs of interest for the OSURA membership, potential new OSURA members, or an interest in serving on a committee or the Board, please contact any Board member – this is your organization.

Tom Savage, President of OSURA, 2013-14

**POWERED BY ORANGE**

To the OSURA membership, Happy New Year 2014! Wow, here is your second OSURA Newsletter of the year, thanks to the dedicated efforts of our newsletter editor, Terri Tower. Your Board has been working diligently on your behalf as this newsletter will reveal.

One exciting activity is the recent combination of effort by OSURA and the OSU Alumni Association for multiple benefits – increasing membership in OSURA and the AA (with its membership benefits), and increasing the amount of our scholarship endowment at the OSU Foundation. While you were working at OSU, you contributed to its success. You can continue to promote our University, but now in a different role than in the past. By belonging to OSURA as an OSU retiree, you are able to renew working friendships, attend and participate in social events, volunteer at student events on campus, and support our scholarship program. Our students are dynamic, need our support, and they contribute to our healthy aging futures!

You will note that there are various programs and activities organized for the winter term and into the

## Annual Meeting and Spring Social Slated for May 7

OSURA's Annual Meeting and Spring Social is scheduled for Wednesday, May 7 in the OSU Foundation Board Room. The featured speaker will be OSU President Edward J. Ray, who will provide an update on current initiatives underway at the University. The Beaver Country Hot Air Band has been invited back by popular demand to close out the program with spirited entertainment.

The social is planned for 2:30 p.m. with the business meeting following at 3 p.m. The program includes election of new Board members, introduction of scholarship winners, recognition of volunteers of the year, featured speaker and entertainment. 🎪

## 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).

# Board Allots \$5,000 for 2015 Scholarships

At its January meeting the OSURA Board allotted a minimum of \$5,000 for 2014-15 scholarship awards. This marks the third consecutive year that OSURA has been able to award this amount, and the second year that \$1,000 of the scholarship funding will come from earnings in the scholarship endowment. The amount available for scholarships is based on member dues, individual contributions, and earnings from the endowment.

Roy Arnold, Chair of the Scholarship Committee, has announced the

opening for the 2014-15 scholarship applications and encourages OSURA members to refer qualified student applicants to information on the OSURA website, [oregonstate.edu/osura/osura-scholarship](http://oregonstate.edu/osura/osura-scholarship). Application deadline is March 3. The OSURA scholarships are awarded to students majoring in subjects that contribute to careers promoting healthy aging.

Members of the Scholarship Committee will review all applications and make their award recommendations to the Board at its April meeting. Scholarship

winners will be introduced at the May Annual Meeting, always one of the highlights of the program. Other members of this year's Scholarship Committee are Jean Peters, John Block, Tony Van Vliet, Jo Anne Trow, Gordon Reistad and Bill Hohenboken.

In addition to referring qualified student applicants, OSURA members can help the scholarship effort through individual contributions to the scholarship fund or endowment. ☰

## PERS Legal Challenges Move Forward

Legal challenges to the statutory changes made by the 2013 Oregon Legislative Assembly to the Public Employees Retirement System (PERS) have moved forward in the court system.

Several cases challenge the constitutionality of Senate Bill (SB) 822 and SB 861, which changed certain PERS retirement benefits for current and former public employees, particularly

Cost of Living Adjustments (COLAs). The Oregon Supreme Court has consolidated these separate cases into one under the Case Title SO61452, *Moro v. State of Oregon*.

Because of the complexity of the case, the Court has appointed Stephen K. Bushong, Multnomah County Circuit Court Judge, as a "Special Master" to coordinate the consolidated proceedings. The Special Master will

hold evidentiary hearings and rule on pre-hearing matters, ultimately submitting his findings of fact and recommendations to the Supreme Court. The current deadline for this phase of the process is April 30, 2014.

Further information is available on various websites by searching for *Moro v. State of Oregon*, and on the Oregon PERS Retirees, Inc. (OPRI) website: <http://www.opri.org/>. ☰

## Golf Tournament Cancelled

Due to declining interest among OSURA members, the Golf Committee has recommended canceling the Golf Tournament that has been held every September for the past 10 years. The Board accepted the Committee's recommendation at its October 2013 meeting.

According to Golf Chair Carol Kronstad, the number of OSURA members who have signed up for the tournament has

been declining during the past several years, and this year there were almost as many non-members and guests participating as members. Committee members had to recruit their friends and golf buddies to bring numbers up for adequate team groupings for the tournament format.

Because of the popularity of the dinner and speaker that typically followed the tournament, the OSURA Board will work

with various committees to establish an alternative Fall Social event. Sean Arey, Head Pro for the Trysting Tree Golf Course, has kindly offered the use of the Clubhouse facility for an event.

The Golf Committee is considering a Golf Interest Group if enough OSURA members are interested. Please contact Jim Krueger if you're interested. ☰

## What's Happening?

### Save these Dates

#### Feb. 14 Women's Basketball

5 p.m. Dinner & Speaker, LaSells Stewart Center  
7 p.m. Basketball Game, Gill Coliseum  
Reservation required TBA

#### Feb. 19 Aging Actively Program

Dr. Deborah John  
2:30-4 p.m. OSU Foundation Board Room

#### Feb. 19-20 Winter Career Fair

Volunteer Opportunity  
Contact [sueborden@comcast.net](mailto:sueborden@comcast.net)

**OSURA PROGRAM CANCELLED: Feb. 23**  
OSU Theatre, "How I Learned To Drive"

#### March 18 Nanotechnology Lab Tour

Hewlett Packard Campus  
1 p.m. Details TBA

#### Apr. 17 Trip to Wildlife Safari

8:30 a.m.-5:15 p.m.  
Details TBA

#### Apr. 23 Spring Career Fair

Volunteer Opportunity  
Contact [sueborden@comcast.net](mailto:sueborden@comcast.net)

#### May 7 Spring Social & Annual Meeting

2:30-4:30 p.m.  
OSU Foundation Board Room  
RSVP Requested TBA

#### Check OSURA's website for event details:

<http://oregonstate.edu/osura/events-calendar>



OSURA members line up at the buffet for the Women's Gymnastics dinner on January 25. Sixty people attended the event, which featured dinner, guest speaker student gymnast Stephanie McGregor (2013), and attending the gymnastics meet in Gill Coliseum.



# OSU Retirement Association

Oregon State University  
209 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:	_____
<b>Total:</b>	<b>_____</b>

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
Department Retirement Date

\_\_\_\_\_  
**Household Member**

\_\_\_\_\_  
Department (If applicable) Retirement Date

All OSURA members will be listed in the OSU Retirees Directory.

Check here if you would prefer your name not be listed.

**Address:** \_\_\_\_\_  
Street City State Zip

\_\_\_\_\_  
**Phone Number:**

**Email** The BEST way to receive notices and event announcements!

Please return this form to OSURA, 209 Adams Hall Corvallis, OR 97331. For questions call: (541) 737-4717 or email: osura@oregonstate.edu.