



Newsletter

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August 2009

PRESIDENT’S MESSAGE

It’s officially summer. We’ve had the solstice. We have the heat, the gardens are in, outdoor activities are in full swing, and folks are planning vacations and traveling. It’s the perfect time for me to write about the topics I spent years thinking, teaching, and writing about.

Ohio State has a “first” in the field. It is here where in 1940 history professor Foster Rhea Dulles wrote *A History of Recreation: America Learns to Play*. It was revised in 1965 and is recognized as the first scholarly work and stimulated a new approach to cultural history and activity. Until that work historians and cultural anthropologists simply did not report on recreation and playful activities. Thanks to Dulles we know even the Puritans played.

Leisure. It may seem a curious subject to discuss with retirees, but my focus here is on quality, not just quantity. Leisure can too easily be defined in the context of time – time that is not work. At the dawn of human history that is exactly what it was, time left over from the most basic demands of survival. A favorite exam question was, “Does leisure arise from culture or does culture rise from leisure?” Of course the preferred response argued that art and technology evolved when our ancient predecessors were well-fed and safe.

In contemporary times we have a more complicated response to discretionary time – the time we are responsible for filling.

As a whole, Americans just aren’t very good at their leisure. On one hand, if we look at the expanding worlds of sport and entertainment it seems we are obsessed with the hunt for free time and pleasant occupation. Recent studies reveal that actually Americans, when offered more time off, choose more work – a second job. We have an annual average of a mere 13 days of vacation compared to other industrialized countries. Italy has an average 42 days available; Germany has 35; Japan 25, and even our seeming hard-working neighbors to the north have on average, twice as many vacation days.

We all know retirees who are not so good at it either. When they retire they feel unproductive – useless – and do they ever get cranky. That is just why the non-work definition of leisure is hazardous to our health! I find it fruitful to start with etiology. The Latin root is *licere* – to be free. I don’t want to be cavalier about health problems and the other distractions of our worlds, but I do know all of us need to generate the freedom to relax, to find novelty, to be creative, to learn, enjoy social interactions – in fact, to play.

Play and playfulness. As adults we aren’t all that good at play – ludic activity – for its own sake. Somewhere on the road to adulthood we decided that play was the domain of children. Even some child developmental specialists refer to play as “the business of childhood.”

I had already begun this letter when I found out that in June, Clemson University had hosted a “Summit on the Value of Play.” The purpose was to address our nation’s problem with the erosion of the value of play, and connect the negative impacts for its lack, including obesity, attention disorder, and limited creativity. The summit addressed the measurable benefits of play and looked for opportunities to overcome the barriers to promoting its value in our society.

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OSURA News

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HIGHLIGHTING THE CULTURAL ARTS COMMITTEE

The Cultural Arts Committee's mission is: *To offer OSURA members opportunities to attend musical, dance and dramatic performances, visit museums, historical and architectural sites, attend a variety of lectures, films and programs in order to expand their horizons and continue to learn about the beauty and talent that surrounds them in their retirement, to refresh and expand their lives through the arts.*

The term of office is three years. Meetings are held every two months. All committee members contribute by organizing events during the year with a co-escort. Each event has two escorts. A new member, to begin with, co-escorts events with an experienced person thus becoming familiar with how events are arranged, e.g. identifying the event to be offered and the date; gathering details from the vendor; arranging transportation (checking for the best rates), tickets, meals, and accommodations (if needed); etc.

The OSURA office deals with registration and moneys. There are written guidelines, procedures, and committee discussions that keep the process clear and easily manageable.

There are several events coming up this Fall: Architectural Tour to Columbus, IN, September 30; BalletMet's *Swan Lake* on October 16; a visit to the Cultural Arts Center established by Columbus' Parks and Recreation Department - a very successful trip last year; Cantilena (Music) Concerts on November 8 and 29.

However, the rest of the year is likely to be limited due to a much smaller committee than we had in years past. There are six members; there should be at least ten, not counting two ex-officio members: OSURA president and Program Committee chair.

Anyone with an interest in the Arts is urged to join the committee. The time given for making it possible for OSURA members to attend arts events, (many of whom, on their own, may not so easily be able to attend), is truly appreciated by them and can be a source of satisfaction to the giver.

For further information call or e-mail the committee chair, Odette Blum, 614-262-1541; blum.1@osu.edu.

OSURA/FACULTY CLUB PARTNERSHIP

The Faculty Club is still welcoming all OSURA members (both retired staff and faculty) to join the Club in the Sustaining Member category. It's a great time of year for lunch at the Club, and football season is approaching which brings the Club's great tailgate pre- and post-home game events. The dues rate is \$21 per month. Contact the Club directly (614-292-2262 – be sure to tell them you are a member of OSURA) or Cheryl Valentine, membership (614-688-8584), for information and a tour.

SPRINGTIME TULIP RIVER CRUISE INFO SESSION

Learn about the OSURA cruise featuring Dutch and Belgian waterways at an informational session on August 13, 1:30 p.m., at the Whetstone Branch Library meeting room, 3909 North High Street. The cruise will take place April 17 to 25 and is described in the Description of Events on Page 9 of this newsletter.

MEMBER EMERGENCY ASSISTANCE

Small grants are available for emergency assistance to OSU retirees through the OSURA endowment fund. If you, or another OSU retiree whom you know, are in need of assistance, contact the Friendship Committee for more information (Mary Anne Herbst, 614-263-7928; mahbuckey@aol.com).

OSURA Calendar

See "Description of Events" later in this newsletter for details.

- Aug 7 Washboards and Quilts, depart 8:30 a.m. from Fawcett Center – REGISTRATION REQUIRED
- Aug 25 Tertulia Breakfast, 8:00 a.m., Faculty Club
- Aug 26 Bridge Group, 1:00 p.m., Friendship Village, Dublin
- Sept 15-19..... Michigan: Frankenmuth, Mackinac Island, and Upper Peninsula, depart 7:00 a.m. September 15 from Fawcett Center – EVENT CLOSED
- Sept 30 Architecture in Columbus, Indiana, depart Fawcett Center 8:30 a.m. – REGISTRATION REQUIRED**
- Oct 14 Sternwheelers and Ohio Rivers, Marietta, Ohio, depart 7:30 a.m. from Fawcett Center – REGISTRATION REQUIRED
- Oct 16 *Swan Lake*, BalletMet Senior Dress Rehearsal, meet at Fawcett Center at 9:30 a.m. to carpool to theater – REGISTRATION REQUIRED**
- Oct 29 Columbus Cultural Arts Tour, carpool from Fawcett Center at 11:00 a.m.**
- Nov 8 Cantilena Concerts: Brasil Guitar Duo in Classical and Brazilian Music, carpool from Fawcett Center, 1:00 p.m. – SEE DESCRIPTION OF EVENTS FOR REGISTRATION INFORMATION**
- Nov 29 Cantilena Concerts: Holiday Celebration Concert, carpool from Fawcett Center, 1:00 p.m. – SEE DESCRIPTION OF EVENTS FOR REGISTRATION INFORMATION**
- Dec 4..... LaComedia Dinner Theatre (Springboro, Ohio), depart 8:45 a.m. from Fawcett Center – REGISTRATION REQUIRED**
- Apr 17-25, 2010..... Springtime Tulip River Cruise, Holland and Belgium, depart TBA from Columbus International Airport

Notes:

- Bold font indicates that the event is new and listed for the first time.
- Arrive at the Fawcett Center 15 minutes earlier than the time of departure listed.
- Call the OSURA office if interested in an event for which registration is closed to see if space is available.

RESERVATIONS:

For those events marked "Registration Required":

- Call OSURA office (614-292-2916) and leave detailed message; you will receive a return call regarding your reservation request/status.
- PAYMENT is due in the office ONE WEEK after CONFIRMATION to keep reservation.
- Make check payable to OSURA (please write event date(s) and name(s) on check).
- Mail to Suite 300, 1590 North High Street, Columbus, OH 43201-2190.

MAKE YOUR RESERVATIONS AS SOON AS YOU KNOW YOU ARE INTERESTED IN AN EVENT!
Some fill quickly and you may be closed out if you delay.

SO YOU CAN PLAN AHEAD

The following events are in the planning stages – preparations are not far enough along to accept reservations, but they are listed here so you can pencil them in your calendar. When all details are in place (cost, times, content, etc.), they will be listed in the OSURA Calendar of the newsletter; until then, if you want information, contact the arranger.

- September 24, Coping with Change XII (Nancy Wardwell, Arranger)
- December 9, Holiday Buffet, Antrim Park Shelter House (Penny O'Neil, Arranger)
- February 5, *A Midsummer Night's Dream*, BalletMet Senior Dress Rehearsal (Don Cooper, Arranger)

ON "VACATION"

- **The OSURA Book Club** is on summer hiatus until September 16. During this time lots of reading will be going on, which should lead to interesting books for all of us to read. Do think of joining the group. Contact Lee Hill (614-459-4743 or hill.30@osu.edu) for meeting information and other questions.
- **Lunch Bunch** will not meet in August; will return September 17.
- **Photo Society** will be back in October.

University News

University News is extracted from OSU Today and University news releases.

The Ohio State University has been recognized for the second year in a row as one of the *Chronicle of Higher Education's* "Great Colleges to Work For." The University ranked among the top 10 large four-year universities (over 10,000 enrollment) in three categories: "Overall Satisfaction with Benefits," "Health Insurance," and "Disability Insurance." The results are based on responses from the more than 40,000 administrators, faculty members, and staff at the 247 institutions nationwide that completed the survey.

At the spring commencement 8,162 degrees and certificates were awarded. John Glenn, former U.S. senator and astronaut, was the speaker and his wife, Annie, was awarded the honorary Doctor of Public Service degree for her lifelong interest in community service. Distinguished Service Awards were presented to CBS correspondent Erin Moriarty ('77 JD) and Dr. Ernest Mazzaferri, Sr. ('62 MD), professor emeritus and former chair of the Department of Internal Medicine.

OSU Professor Gifford Weary has donated \$2 million from her family's foundation to Ohio State's Department of Psychology to create the endowed Robert K. and Dale J. Weary Chair in social psychology. Ohio State's social psychology program is the No. 2 program of its kind in the country, as ranked by the *U.S. News & World Report* 2010 edition.

The Office of Workforce Development, within the College of Public Health, is now the Center for Public Health Practice. The change coincides with the start date of the center's new director, Michael Bisesi, who also serves as the college's associate dean of academic affairs. The center, located at 1212 Kinnear Road, offers programs and services to both current and future public health workers including management training, disaster preparedness classes, and group facilitation.

In accordance with the University System of Ohio's Strategic Plan for Higher Education, 2008-2017 calling for Ohio's public universities to establish Centers for Excellence focusing on nationally recognized academic programs five Centers of Excellence have been established: Climate, Energy and the Environment; Health and Well-Being, Human Behavior and Bioinformatics; State, Regional and Urban Development; Food Production, Supply and Safety; Materials, Manufacturing Technologies and Nanotechnology.

Personnel Actions

- Jeff M. S. Kaplan, senior vice president for administration and planning in the Office of the President, effective April 1, 2009, through June 30, 2013
- Ruth Colker, Distinguished University Professor in the Moritz College of Law, effective July 1
- Christopher M. Culley, senior vice president in the Office of Legal Affairs, effective April 1, 2009, through September 30, 2013
- Clay Marsh, vice dean of research in the College of Medicine and director of the Center for Personalized Health, effective March 28, 2009, through January 31, 2013
- Eugene D. Smith, associate vice president in the Office of Administration and Planning, effective April 30, 2009, through June 30, 2016
- Melvin D. Shipp, reappointed dean of the College of Optometry, effective July 1, 2009, through June 30, 2014
- Lynn Readey, Deputy General Counsel in the Office of Legal Affairs, as interim associate vice president of facilities operations and development while continuing her role as Deputy General Counsel.

Orange Barrels!

State Route 315 is undergoing major construction: Closed ramps, lane restrictions, and the like affects traffic around the Columbus campus. Help is available:

- 1650 AM provides driving directions to and from OSU. With the State Route 315 construction re-routing people coming and going from Ohio State through November, the University is now broadcasting round-the-clock driving directions via its new station, 1650 AM.
- Transportation and Parking has developed a comprehensive web site with a detailed map illustrating campus construction projects that will impact traffic and parking during 2009. Visitors to the site can click on either the project name or a map location to get a construction overview. Additional links to other useful sites also are included. The map will be updated regularly.

Further, College Road is under construction, with work to be completed by September 16. Although two-way, one-lane traffic will be maintained, delays should be expected and motorists are asked to use alternate routes and parking when possible. Work will be complete by mid- to late August.

University News

Board of Trustees News

At their June meeting, Board Chairman Leslie H. Wexner welcomed three new trustees appointed by Gov. Ted Strickland last month: Janet Reid, of Cincinnati, has served as the principal partner of Global Lead Management Consulting since 1990. Jerry Jurgensen, of Columbus, served as the CEO of Nationwide from 2000 to 2009. Alex Swain, of Huron, was appointed as the undergraduate trustee for a two-year term. She is pursuing dual degrees in business administration in the Honors Contract Program in the Fisher College of Business and in health sciences at the School of Allied Medical Professions.

The Board approved these members of The Ohio State University at Newark regional campus board: Eschol Curl, Jr. (3rd term); Thomas J. Hall (3rd term); Lynda H. Weston (2nd term); and Alex M. Muller (student).

Trustees authorized the University to donate the Pressey Teaching Machine, invented in the 1920s by Ohio State Professor Sidney Pressey, to the Smithsonian Institution's National Museum of American History in the name of The Ohio State University. The machine has been on indefinite loan to the Smithsonian since 1963.

The Board approved the establishment of a Ph.D. program in Translational Plant Sciences.

Awards and Recognitions

The OSUMC Level 1 Trauma injury prevention program, ThinkFirst of Central Ohio, received the National Chapter of the Year Award. There are more than 130 ThinkFirst Chapters nationwide. The program is funded by the OSUMC trauma department and sponsored by Jerry Mysiw; chapter director is Ann Smith. More than 132 programs were presented locally, reaching 3,662 students during the 2008-09 school year. The program stresses "using your mind to protect your body" to reduce the incidence and catastrophic consequences of major trauma.

The International Association for Great Lakes Research presented the prestigious John R. (Jack) Valentyne IAGLR Outreach Award to Rosanne Fortner at its 52nd annual Conference on Great Lakes Research. The award recognizes important and sustained contributions to informing and educating the public, youth, adults, and policymakers on Great Lakes scientific issues.

Adam Kautza, a graduate student in Ohio State's School of Environment and Natural Resources, and Sara McCarthy, an undergraduate honors student in SENR, shared the 2009 Sipp Wetland Research Award. Students doing research on wetlands and rivers compete annually for this award that is administered by the Olentangy River Wetland Research Park.

WELCOME NEW RETIREES

We congratulate our colleagues who retired from The Ohio State University in June 2009.

Andrle, Frederick R., University Relations; **Bonner**, Rosa G., Health Systems; **Brown**, Theodore E., Health Systems; **Claman**, Lewis J., College of Dentistry; **Disimone**, Judith M., College of Medicine; **Douce**, F. Herbert, College of Medicine; **Edgerton**, Donzella C., College of Social Work; **Goldberger**, David A., College of Law; **Hand**, Russell, Health Systems; **Hansen**, Carl E., Office of Research; **Jones**, Katherine R., College of Law; **Mahan**, Gerald L., Food, Agricultural and Environmental Science; **Maxwell**, Charlene K., College of Medicine; **Owens**, David R., Food, Agricultural and Environmental Science; **Pannell**, Charles I., Office of Business and Finance; **Ragland**, Sandra K., College of Medicine; **Ray**, Janet I., Education and Human Ecology; **Robinson Allen**, Janie M., Health Systems; **Sanders**, James M., Office of Student Life; **Sarwark**, Susan M., Education and Human Ecology

Help welcome our colleagues to retirement and OSURA. Call those you know, encourage them to return their OSURA membership application, and invite them to attend an OSURA event with you.

FIRST-YEAR MEMBERSHIP

All Ohio State retirees are members of OSURA for the first year of retirement. They do not pay dues during that year as an introduction to the Association.

Benefits

CHANGE IN OPERS HEALTH CARE VENDORS

OPERS has concluded an extensive/intensive study of health care vendors and announced a change to Medical Mutual of Ohio and Humana to occur on January 1, 2010. All things considered, these two vendors offered the best service for the money. OPERS members who are not eligible for Medicare will be covered by Medical Mutual of Ohio. Humana will serve those eligible for Medicare.

Medical Mutual will provide a dedicated unit to handle most customer service inquiries during the transition. Minimal member service disruption is expected. Similarly according to plans, Humana members should see very little, if any, network disruptions with the change on January 1.

OSURA/OPERS members will have a chance to learn more about the transition and impacts on service and health care costs in the OPERS Health Care Update session during the September 24 Coping with Change conference at Fawcett Center. Other communications to members are planned and include:

- Retiree newsletter announcements/articles
- Web announcements
- Member seminars throughout the state
- Targeted mailings

Express Scripts will continue as the pharmaceutical provider.

UNIVERSITY BENEFITS AFTER RETIREMENT

(Excerpts from *Retirement Handbook: Retirement Information and Resources for Ohio State Retirees*, June 2008 – Page 11)

- The Ohio State BUCK ID card gives you a variety of benefits, such as:
 - full use of all campus libraries and library services
 - full access to the Recreation and Physical Activity Center (RPAC), located at 337 West 17th Avenue
- Campus parking permit (at a reduced rate for retired staff; free for emeritus faculty)
- E-mail through Ohio State. Free lifetime forwarding of your Ohio State e-mail (name.#@osu.edu). To activate or make changes, visit www.osu.edu/email, or contact Alumni Development Information Services, lifetimemail@osu.edu.
- Life insurance continuation (must meet eligibility requirement)
- Post-retirement death benefit (if eligible for life insurance)
- Tuition assistance for dependents (must meet eligibility requirement)

For emeritus faculty only:

- Listing in the Ohio state Faculty and Staff Directory
- Receipt of campus-wide news publications issued by the university and faculty meetings
- Attendance, without vote, at senate and other University and faculty meetings

OSU TUITION

Just before this newsletter went to press, The Ohio State University announced that it does not plan to raise tuition for resident undergraduate students for the 2009-2010 academic year despite recent state budget revisions. "Now more than ever, we must assure that young people are able to pursue their dreams, earn a degree, and use their talents to catalyze long-term economic vitality for our state and our nation," said Ohio State President E. Gordon Gee. Gee credits cost-cutting measures undertaken by the University, increased state support, and enrollment growth as factors behind the decision to freeze tuition at \$8,406 for the third straight year.

IN MEMORIAM

We honor and thank our colleagues for their service and the many contributions that made our university a finer place.

Armentrout, Mary, College of Education, age 74 * **Banks**, Robert Albert, June 17, Physical Facilities, age 62 * **Cooper**, Anne S., April 24, College of Education, age 95 * **Cottrell**, Charles Edward, June 30, Campus Chemical Instrument Center, age 66 * **Geyer**, Danuse B., June 12, University Libraries, age 82 * **Nilo**, Ernest R., June 12, Otolaryngology, age 81 * **Peterson**, Paul V., June 24, Journalism and Mass Communications and OSURA, age 83 * **Porterfield**, Ralph A., June 18, Dairy Science, age 90 * **Simpson**, June C., April 7, Treasurer's Office, age 88 * **Stavelly**, Ernest, July 6, age 83 * **Sweeney**, Frank L., June 17, Physical Facilities, age 82 * **Webb**, Kay, July 1, Dentistry, age 75 * **Zuspan**, Frederick P., June 7, Obstetrics and Gynecology and OSURA, age 87

When you know of the death of an OSU retiree or employee or spouse of an OSU retiree/employee, please contact the OSURA office – 614-292-2916.

Description of Events

See Pages 12 and 13 in the OSURA Directory or the OSURA web site for "Travel and Event Policies and Procedures."

- **Procedure for Reservations:** See Page 3 of this newsletter.
- **Challenge Levels:**
 - 1 – Minimal walking/standing, may include a few stairs
 - 2 – Moderate walking/standing, could include a few sets of stairs
 - 3 – Moderate walking/standing, includes climbing many stairs and/or uneven terrain
 - 4 – Lots of walking/standing, includes climbing stairs or hilly walkways and/or extended weather exposure

Note: Most trips will allow travelers to remain on the bus, if desired. Disabled persons should refer to Page 12 in the OSURA Directory for information on assistance.
- **Events Marked with *:** Participants must sign Disclaimer on Event Roster on the day of the event.
- **Registration Closes:** This is the deadline for reservations because it is the date vendors must be paid in full for the event.
- **Refund Deadline:** Reservations must be cancelled by this date to receive a refund of payment/deposit; cancellations after this date will be reviewed by the arranger and the OSURA office for refund decisions.

AUGUST 7 (FRIDAY) * **WASHBOARDS AND QUILTS** **(LOGAN AND ATHENS, OHIO)**

Challenge Level 2

Fascinating factory work and a washboard band at the Columbus Washboard Company, a buffet lunch at The Olde Dutch Restaurant, time to peruse an antique market and craft mall, and viewing quilts at the biannual QUILT NATIONAL at the Dairy Barn Arts Center are the highlights of this trip.

Depart: 8:30 a.m. from Fawcett Center

Return: 6:00 p.m.

Cost: \$45 (bus transportation, tour fees, buffet lunch, snacks, and all tips)

Refund Deadline: July 17

Arrangers: Rose Yonka and Carol Baker (*Travel Committee*)

AUGUST 25 (TUESDAY) **TERTULIA BREAKFAST**

Good food, good conversation, good camaraderie!

Time and Place: 8:00 a.m., Faculty Club

Cost: Breakfast on your own

Arranger: William Riley (*Tertulia Breakfast SIG*)

AUGUST 26 (WEDNESDAY) **BRIDGE GROUP**

Spend a nice summer afternoon playing Bridge with OSURA friends.

Time and Place: 1:00 p.m., Friendship Village Dublin, North CR

Arrangers: Sherry Detillian and Marianne Naber (*Bridge Group SIG*)

SEPTEMBER 15-19 (TUESDAY-SATURDAY) * **THE BEST OF MICHIGAN**

Challenge Level 2

EVENT CLOSED

Depart: 7:00 a.m. September 15 from Fawcett Center

Return: Approximately 7:00 p.m. September 19

Arrangers: JoAnn Rueger and Betty Maynard (*Travel Committee*)

SEPTEMBER 30 (WEDNESDAY) * **ARCHITECTURE IN COLUMBUS, INDIANA**

Challenge Level 1

Columbus Indiana, a town of 39,000, is ranked 6th in the nation for architectural innovation and design by the Institute of American Architects. The Smithsonian describes the town as a "veritable museum of Architecture," with buildings designed by I.M. Pei, Eero and Eliel Saarinen, Richard Meier, Richard Ventura, Harry Weese, Kevin Roche, Gunnar Brekerts among many others. There will be a two-hour (approximately) bus tour with guide to 40 buildings, and a 20-minute inside tour of two of them. A walking tour map of buildings is available to those who wish to re-visit some of them after the tour. Lunch on your own upon arrival. Many cafes, bistros, etc. within a two-block area of the Visitor Center. Go to www.columbus.in.us for more information about this site.

Depart: 8:30 a.m. from Fawcett Center

Return: 8:00 to 9:00 p.m.

Cost: \$48 (bus transportation, architectural bus tour with guide, snacks, tips)

Registration Closes: September 1

Refund Deadline: September 25

Arranger: Odette Blum (*Cultural Arts Committee*)

OCTOBER 14 (WEDNESDAY) * **STERNWHEELERS AND OHIO RIVERS** **(MARIETTA, OHIO)**

Challenge Level 2

Step back in time as we experience some of Ohio's early history. We travel to Marietta at the junction of the Muskingum and Ohio Rivers. One of the state's oldest settlements, it was also an important link in the Underground Railway. A well-informed guide will join our group as we tour the town and see some of the historic sights before we board the Valley Gem Sternwheeler and savor a lavish luncheon while listening to the swish of the paddlewheel. We travel up the Muskingum River as the captain regales us with stories of its history and, following a trip through lock #2 (Devol's Dam), return to the dock in Marietta.

Time and Place: 7:30 a.m. from Fawcett Center **Note change in time**

Cost: \$60 (bus transportation, admissions, lunch, bus driver tip, snacks) **Note cost change**

Registration Closes: September 16

Refund Deadline: September 16

Arrangers: Hazel Benson and Rose Yonka (*Travel Committee*)

OCTOBER 16 (FRIDAY)

SWAN LAKE (BALLETMET SENIOR DRESS REHEARSAL)

Swan Lake is one of the most beloved ballets of all time. It features the inspiring music of Tchaikovsky, and, in this World Premier production, new choreography by the notable David Nixon. *Swan Lake* does not offer the classic happy ending; rather, it is a story which crosses the world of magic and mystical creatures (the swans are beautiful maidens at night) with that of the real world, and shows that betrayal and power can be conquered by love and forgiveness.

Depart: Meet at Fawcett Center at 9:30 a.m. to carpool to Ohio Theatre for 11:00 A.M. performance

Return: 1:00 p.m.

Cost: \$14 (ticket) It would be considerate to offer driver some remuneration for parking and gas.

Arranger: Don Cooper (*Cultural Arts Committee*)

OCTOBER 29 (THURSDAY)

COLUMBUS CULTURAL ARTS TOUR

Challenge Level 1

We will join a weekly event, "Conversations and Coffee." A Columbus area artist will explain his or her work and respond to questions. Box lunches will be served. The Cultural Arts Center offers classes in media from ceramics to sculpture and metalsmithing to painting. There will be a tour of the classes after the noon Coffee and Conversation which will give you an overview of the Cultural Arts Center and its classes which are available to any, from beginners or advanced. This was a successful and enjoyable trip last year.

Depart: 11:00 a.m. from Fawcett Center

Return: 2:00 p.m.

Cost: \$11 (box lunch, members car pool, free admission)

Refund Deadline: October 20

Arrangers: Tom Hubbard and Tom Sweeney (*Cultural Arts Committee*)

NOVEMBER 8 (SUNDAY)

CANTILENA CONCERTS: BRASIL GUITAR DUO IN CLASSICAL AND BRAZILIAN MUSIC

Challenge Level 1

Come hear the vision in music and art at Huntington Hall, Capital University. *Classical Guitar Magazine* had this to say about the Brasil Guitar duo: "The maturity of musicianship and the technical virtuosity displayed... is simply outstanding."

Depart: 1:00 p.m. Carpool from Fawcett Center

Return: Approximately 4:30 or 5:00 p.m.

Cost: \$10 (adult ticket; free for children 12 and under)

Either send request and check to Eileen Davis, Director, Cantilena Concerts, 2934 Indianola Avenue, Columbus, OH 43202, or call 614-268-2779 to use Visa or Mastercard.

Arranger: Eileen Davis (*Cultural Arts Committee*)

NOVEMBER 29 (SUNDAY)

CANTILENA CONCERTS: HOLIDAY CELEBRATION CONCERT

Challenge Level 1

Enjoy the Jones/Norton Duo (flute and harp) with seasonal favorites; The Columbus Children's Choir in Robert Kapilow's *Polar Express* and a group of spirituals by soloist Eric McKeever, baritone. The musical version of *Polar Express* follows the well-known story and is charming, elegant, and easy to listen to. Bring the grandkids for a fantastic holiday treat!

Depart: 1:00 p.m. Carpool from Fawcett Center

Return: Approximately 4:30 or 5:00 p.m.

Cost: \$10 (adult ticket; free for children 12 and under)

Either send request and check to Eileen Davis, Director, Cantilena Concerts, 2934 Indianola Avenue, Columbus, OH 43202, or call 614-268-2779 to use Visa or Mastercard.

Arranger: Eileen Davis (*Cultural Arts Committee*)

DECEMBER 4 (FRIDAY) *

LaCOMEDIA DINNER THEATRE (SPRINGBORO, OHIO)

Challenge Level 2

Treat yourself to a delicious buffet lunch at La Comedia Dinner Theatre. Then enjoy a *La Comedia Christmas Spectacular*, a musical journey that features spectacular dancing, fun-loving characters, and Santa Claus himself.

Depart: 8:45 a.m. from Fawcett Center

Return: 5:00 p.m.

Cost: \$59 (motorcoach transportation, buffet lunch, theatre ticket, bus driver tip)

Registration Closes: October 9

Refund Deadline: October 9

Arrangers: Barb Preston and Sylvia Jackson (*Travel Committee*)

APRIL 17-25, 2010 *
SPRINGTIME TULIP RIVER CRUISE
FEATURING DUTCH AND BELGIAN WATERWAYS

Challenge Level 3

Unpack once for a relaxing 7-night river cruise on the waterways of Holland and Belgium. Visit the world-famous Keukenhof Gardens with its enormous, colorful tulip fields. Admire Holland's windmills of Kinderdijk. Other highlights of this tour include Amsterdam, Volendam, Arnhem, Middelburg, Ghent, Bruges, and Antwerp. **To learn more about this tour, attend an informational session on August 13, 1:30 p.m., at the Whetstone Branch Library meeting room, 3909 North High Street.**

Depart: TBA April 17

Return: TBA April 25

Cost: \$3,734 per person double cabin only (round trip air fare from Columbus, transfers, luggage handling; 7-night river cruise, 7 breakfasts, 6 lunches, 7 dinners; sightseeing per itinerary; cancellation waiver and insurance) \$485 deposit due with reservation form by September 15; first-come, first-served; final payment due December 1. Call OSURA office (614-292-2916) for registration packet (includes full itinerary).

Registration Closes: September 15

Arrangers: Betty Maynard (*Travel Committee*)

PRESIDENT'S MESSAGE

(Continued from Page 1)

The word "recreation" has been used so I want to be sure to define the term. 'Recreation' usually refers to specific activities provided, both public and commercial. It is no accident that the outcome is to "re-create" – to refresh and reinvigorate.

In the spirit of meaningful activity that is invigorating and refreshing I again remind you of the many opportunities we have to share our time and talents at the university – and the developing OSU Retirees Volunteer Center.

I am wishing you this summer and this year, the sense of freedom in your leisure and the joyful freedom of playfulness.

- Nancy Wardwell

UNIVERSITY RESEARCH STUDIES
SEEKING PARTICIPANTS

Type 2 Diabetes Research Study

The Department of Family Medicine at Ohio State University is currently enrolling for a research study for Type 2 diabetics who are inadequately controlled when not taking any medication for their diabetes. This study compares the effectiveness of treatment with Sitagliptin (Januvia™) and pioglitazone (Actos™) taken together compared to taking Sitagliptin (Januvia™) and pioglitazone (Actos™) separately. Participants will receive study-related care, study medication, lab tests, glucose monitoring supplies, and diet and exercise counseling at no charge. Participation will last for up to 65 weeks and there will be 11 visits to our clinic. If you are interested in learning more about this study, contact Paula Smailes, 614-293-3644 or paula.smailes@osumc.edu.

Atrial Fibrillation Study

The Department of Family Medicine at Ohio State University is currently enrolling for a research study for people with Atrial Fibrillation. Atrial Fibrillation is an abnormal heart rhythm that involves the two upper chambers of the heart known as the atria. It can often be identified by taking a pulse and finding that the heartbeats don't occur at regular intervals. This study looks to see how well a drug treats Atrial Fibrillation when compared to the drug called Coumadin. Participants will receive study-related care, study medication and lab tests at no charge. Participation will last up to two to three years and participants may receive up to \$1,120. If you are interested in learning more about this study, contact Paula Smailes, 614-293-3644 or paula.smailes@osumc.edu

Study On Human-Computer Interaction

Adults age 65 and over are needed to participate in research on human-computer interaction at the OSU Computer Science Department. Earn \$20 for performing a simple computer-based task. For details, call 614-292-6350, or see <http://slate.cse.ohio-state.edu/dbyron/recruiting.htm>, or email the study staff at hartmanw@cse.ohio-state.edu

ACRONYMS

Here are some of the acronyms that are often used in this newsletter:

- OCHER – Ohio Council of Higher Education Retirees: a coalition of retiree associations of Ohio public universities (Akron, Bowling Green, Cleveland State, Cincinnati, Kent, Medical University of Ohio, Miami, NEOUCOM, OSU, Ohio University, Toledo, Wright State, and Youngstown State)
- ORTA – Ohio Retired Teachers Association
- PERI – Public Employees Retirees Inc. (not to be confused with OPERS which is the public employees retirement system)



RETIREES ASSOCIATION
OSURA

1590 North High Street, Suite 300
Columbus, OH 43201-2190
Office: 614-292-2916
Fax: 614-292-4424

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**AUGUST 2009
NEWSLETTER**

TIME DATED MATERIAL

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COPING WITH CHANGE XII
Thursday, September 24, 2009
9:00 a.m. to 3:30 p.m.

Fawcett Center, 2400 Olentangy River Road, Columbus

Plenary Session: "Our Emerging University as the Flagship Institution in the State of Ohio"

Bill Shkurti (senior vice president for business and finance), Martha Garland (vice provost for enrollment services and dean of undergraduate education), and Joan Leitzel (interim vice provost for the arts and sciences) will discuss the changes in our university as we emerge as the Ohio Flagship

Two small-group sessions selected from:

Financial Planning for Long-term Care
It Takes a Village: Resources for Caregivers
Making Decisions about Care at the End of Life
Nutrition 101
Aging with Grace through Yoga
Preventive Care for the Aging Population
Trusts as a Vehicle in Estate Planning

Update on Health Care Plans for 2010

Representatives from the State Teachers Retirement System (STRS-OH) and Ohio Public Employees Retirement System (OPERS)

Watch your mail for registration materials.