

RFSA MAGAZINE

RETIRED FACULTY-STAFF ASSOCIATION OF THE UNIVERSITY OF TEXAS AT AUSTIN

COVID-19 EFFECT ON RFSA ACTIVITIES

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SPRING/SUMMER 2020

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2019-20

2020-21

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**Discussion and Finance/Investments merged into Interdisciplinary Speaker Series & renamed RFSA Speaker Series eff. 2020-2021*

*Cover photo: Bluebonnets near the Tower. Photo by Robert Childress
Back cover photo: South Entrance to Main Building. Photo by Robert Childress*

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COVID-19 RESPONSE

When this issue went to print, COVID-19 had made its way to Texas and to our campus. In mid-March, in compliance with state guidelines to limit public gatherings, and with the decision to cancel UT classes and close campus, the RFSA leadership canceled planned meetings and events until further notice. Many Interest Group meetings, including a Travel Group trip had already occurred; all of which we are pleased to include in this issue. We look forward to a time when the situation allows a return to normal operation. Stay tuned for emails about the status of future activities. When we can resume Interest Group activities, you will be notified.

In the meantime, the RFSA Board hopes that each of you remains safe and healthy.

A MESSAGE FROM THE PRESIDENT



► As I write this in April, we are sheltering in place and the world seems to be turned upside down. I have no idea what the situation will be when you read this but can only hope the pandemic has abated, business can resume, lost jobs have been restored and we can return to our regular activities. We will never be able to adequately thank our doctors and nurses, our grocery workers, our delivery drivers and all our first responders who fought on the front lines of this war with COVID-19 so that we could stay safely at home. What heroes they are!

Of course, being isolated does not begin to compare with so many people enduring physical and financial suffering, but who knew staying home could be so hard? Thank goodness for FaceTime, Zoom, email and the good old telephone to help us stay connected to friends and family. I have tried to think of this time as a gift: time to read, listen to music, watch movies, exercise, catch up with friends, appreciate every grocery purchase, no traffic, no overscheduling. I tried to give up cooking years ago, but now it's a blessing just to have groceries in the house.

Although I have thoroughly enjoyed serving as RFSU president this year, I could not have anticipated such an abrupt and unusual finale. What a disappointment to cancel our spring luncheon and our Interest Group

gatherings. This week, I was inspired by a quote from Lady Bird Johnson, "Where flowers bloom, so does hope." As I walk the trails near my home this springtime, the bluebonnets, buttercups, Indian blankets and other wildflowers are in their full glory, lifting my spirit and helping keep optimism alive. I am grateful to have more time for reflection, and I have enjoyed reflecting on the past year with RFSU:

- The fall luncheon, hosted by the UT President's Office, with the wonderfully charismatic Daron Roberts as our speaker.
- Our Holiday Party on campus at the spacious Thompson Conference Center; the Tinsel Singers making joyful music and our generous members filling Orange Santa's sack with toys and gift cards.
- Reconnecting with Kevin Tuerff in February at the Austin debut of the Broadway hit "Come From Away" at Bass Concert Hall. RFSU joined forces with Global Austin and Compassionate Austin for a block of tickets and a pre-event happy hour with Kevin.
- All the Interest Group gatherings and their hardworking leaders, speakers and participants.
- Two gatherings of our new RFSU Interdisciplinary Speaker Series Interest Group, which will merge with our Discussion and Finance Groups next year.
- Welcoming new Board members: James Crook, Gwen Grigsby, Karrol Kitt, Robert Lawrence and Charles Roeckle.
- Being grateful for Don Davis, Pauline Lopez and Past President Ruth Rubio for their past service on the Board.
- Appreciation for all the continuing Board members who work so hard for RFSU by volunteering their time and talents.

I hope you are well and have weathered this tragic time in our world. I look forward to seeing you in the fall and hope that we can regain our "normal" lives again. Stay safe!

ELEANOR MOORE
President, 2019-20

SUPPORT OUR SPONSORS

► Our sponsors have been solicited because of their excellent reputations in selling the best goods and providing the best service to customers. Many of them are family businesses that have been in our community for a long time. These include the Covert family of auto dealerships, the Strand family of Stan's Heating and Cooling, the Ravel family of Karavel Shoes, the Goff family of Mr. Appliance, and the Fish family of Weed-Corley-Fish Funeral Homes. Our other sponsors, although not family owned, have a long-time reputation for giving wonderful service to the community. They are St. David's HealthCare, University Federal Credit Union, the Westminster Retirement Community, and our two newest sponsors Fast Park & Relax and Austin Hearing Services. Check our sponsors' ads for information about their services, coupons and special discounts.

Through their sponsorships, these businesses help us keep our membership dues low and provide support to UT students through the RFSA Scholarship Fund. When you need goods or services, please consider using them – it will be a win-win-win situation for you, for them and for RFSA. And when you use them, please let them know that you belong to RFSA and that we appreciate their support.



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SPONSOR SPOTLIGHT

With this article, we are introducing a new feature focusing on our wonderful and generous sponsors. Most of us do not have the opportunity to get to know our ten sponsors personally and we hope that a series of similar articles will give you a glimpse into their personal and company values.

We began with Cecil Martinez, our Sponsorship Chair, asking our Sponsors to answer one question for this issue: **What are you most proud of in your company?**



My family and I are most proud of Covert Chevy Buick GMC because our vehicles are of top quality manufactured and assembled in the USA. Our trained and experienced personnel give expert service to all our customers. We have generations of customers that return to us when they need a new auto, and this is why the Covert Family has been in business in the Austin Metro area for 111 years. —Rox Covert



St. David's HealthCare is proud of those seemingly ordinary people with extraordinary strength, expertise, compassion, and endurance as they soldier into the frontlines of the biggest public health emergency of our lifetimes. Their healing efforts are valiant and unknowable, transforming outcomes for you, your neighbor, your loved ones, and thousands of Central Texans you might recognize but never meet. They protect us with HealthCare. We thank them with HeroCare. —Denise Bradley and Molly Sherman



The University Federal Credit Union is proud for the service they provide to it members and its personnel who perform that service. Day after day we hear from our members on ways that we are connecting them to their financial needs, with the use of technology and creativity. I am honored to wear the UFCU logo and to see what we are doing to help people especially in this time of great need. —Cheryl Dozier



Westminster has a culture all its own, and we're proud that we are recognized for being a great place to live in by our residents and to work in by our associates. Our rich history of diversity, hard work, dedicated associates, and economic vitality helps make us who we are. —Greg Hattori



I'm proud to work for FastPark because we truly focus on the customer experience and we take that responsibility serious. We believe in delivering operational excellence that our customers can depend on each and every time they enter a FastPark facility. Our four pillars, Safety, Courtesy, Efficiency and Presentation are held so highly by all the wonderful employees within the FastPark family. It is an absolute pleasure to work with and represent this amazing team. —Adam Higley



I am the most proud of our firm, Austin Hearing Services, because we have always "been there" for our patients, whether it is the normal business climate or our current unique set of circumstances. —Dr. Margaret Hutchison

SPONSOR SPOTLIGHT



I am most proud of our company, Weed-Corley-Fish, for being active and supporting members of the community. We live here, work here, and give here. Particularly in unprecedented times like these, we are grateful for our associates, neighbors, and families we are caring for. We are honored to be a part of this community. —Laurens Fish III



I am most proud of Mr. Appliance because we have the reputation of giving excellent service by our best trained repairmen to our customers when they most need it to get their appliances working again. We back our service by giving a 1-year warranty. This is why our customers call us whenever they need a repair. —Charlie Goff



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We are most proud of our people. Our team members are not just dedicated to our customers, but to their communities as well. From the technicians that respond to midnight emergencies to our staff involved in dog rescue, hospice care, and other endeavors, the Stan's team works every day to put the "serve" in service. —The Stan's Team

STAY CONNECTED ONLINE

- We have two ways for you to stay connected to RFSA online: our RFSA website and our Facebook group.

You can find photos and information about our organization and upcoming events on our website. Our RFSA Magazine is also posted here as soon as it is mailed to members. Note: UT recently changed the URL of many websites, so be sure you have our new website bookmarked: sites.utexas.edu/rfsa. Please also see the RFSA website for additional digital content under the "Etc." tab.

And if you are a Facebook user, you can access our Facebook page and join us at facebook.com/groups/131246400563201/members, or by searching groups for "University of Texas Retired Faculty-Staff Association". We want this to be a place where members can post activities, updates and photos, and not just those about RFSA. We want to create a community for our members to share all kinds of information.

MEMBER SPOTLIGHT



Frock Family Photo taken at dinner celebrating Barbara & George's 61st Wedding Anniversary, January, 2020. From left, son, Gary & wife, Heidi, the happy celebrants, George & Barbara, and son, Brian.

Where did you grow up?

BARBARA: I was born in Urbana, Illinois—a long, long time ago when Carle Hospital was a small red brick building with a spire (it now encompasses a huge amount of Urbana). Urbana is the twin city to Champaign, home of the University of Illinois. I have often wished my children could have grown up in the kinder, gentler, safer era that I did—unlocked houses, unlocked doors and walking home alone at night.

My father was on the agriculture extension faculty at the University of Illinois. Mother held a music degree from the U of I and did a lot of accompanying for us and our friends for contests. She would tell us tales of the times she played piano for silent movies—a concept we kids couldn't imagine! I am the oldest child, my brother is 6 years younger, and my sister is 8 years younger.

I went through grade school, junior high school, and high school in Urbana, then entered the University of Illinois enrolled in Music School as a flute major in music education.

GEORGE: I grew up in Danville, Illinois and attended Danville High School '52-'56. I was class president during my freshman year. I played drums in dance bands and even taught drum lessons at a local music store. Danville HS was noted for some famous actors: Dick & Jerry Van Dyke, Gene Hackman, Donald O'Connor, and Bobby Short, a pianist that played at some of the famous hotels in NYC. I was fortunate to play with several talented musicians while in high school. The most successful one was Jack Six, who for several years was the bassist with Dave Brubeck.

My dad was a very good drummer and played such shows as Ice Capades,

swimming shows, and commercial jobs around Danville. He was a mail carrier for several years. My mother was a dancer, but worked as a receptionist at a company in Danville. Dick Van Dyke's dad also worked for that company. My parents divorced when I was seven, but my time was shared between both sides.

Tell us about meeting each other and your family life

BARBARA: A high school friend who was a year ahead of me—also in music—kept telling me she had someone she wanted me to meet. Her parents rented out rooms to students and she wanted me to meet this fella named George. We finally met in April of our freshman year, began dating, and married mid-term of our junior year.

After graduation, we moved to Lawrence, Kansas for George to be a

TA, teach percussion, and get his Master's degree. I worked at KU, first in the band department, then the business school, and got my PHT (putting hubby through) degree. Even typed his thesis—after that experience, I KNEW the marriage would last! Our first child, Gary, was born there.

We next moved to Memphis, Tennessee where George was assistant director of bands and percussion instruction. I taught a few flute lessons at home. One of my students went to California to college and became one of the top contemporary flutists in the country. Our second child, Brian, was born there.

Our last move was to Austin in 1966. There are many times I wish we could go back to that Austin—it had a population of 350,000—large enough to have anything you wanted or needed, yet still retaining some of the small-town charm.

GEORGE: I chose to major in music and attended the University of Illinois, graduating in May of 1960. While in U of I, I met Barbara and we were married between semesters of our junior year. While there I performed in several of the ensembles, including the band, orchestra, percussion ensemble, and worked my way through school playing in dance bands, as well as teaching drum lessons.

Upon graduation, I was fortunate to get a teaching associate position at the University of Kansas, where I stayed for three years. Our son, Gary, was born in Lawrence. After receiving a Master's degree in Music Education, we moved to Memphis, where I was appointed as Assistant Director of Bands and Percussion Instructor at Memphis State University. Our second son, Brian was born in Memphis. During my time,

MEMBER SPOTLIGHT

I also performed as timpanist with the Memphis Symphony, and did a lot of recording work. One of the best drummers I was able to record and perform with was Ronnie Tutt, who later was the drummer for Elvis Presley until his death, and then for Neil Diamond.

In the fall of 1966, we moved to Austin when UT decided to hire a full-time percussion professor in the Department of Music, now the Butler School of Music. During my time at UT, our percussion ensemble became nationally recognized and we performed at two Percussive Arts Society International conventions. I was also able to add the Steel Band to the program, through the help of my colleague, Paula Crider, who was at that time, the Director of the Longhorn Band. In addition to leading the percussion program, I served as Director of Undergraduate Studies, and was Assistant Director of the School of Music for three years. I retired from UT in 2001. During my entire time at UT I was also the timpanist in the Austin Symphony.

Family activities have included travel, attending shows, concerts, football, basketball, and volleyball. We are fortunate that both sons live in the Austin area. Our son, Gary, lives in Round Rock, with his wife Heidi who works at National Instruments. He heads the Round Rock Academy of Music and teaches music at private schools. He also plays percussion in the Williamson County Symphony. Gary and Heidi have three daughters, Lauren Eichler, who works for a public relations firm connected with Toyota, and her husband, Joel, who is a Youth Minister at Prosper Methodist Church; Rachel Frock, a UT grad who works for Visa; and Katie, our one Aggie who graduated from A&M and is now a math teacher in Navasota. Our son, Brian, is the Director of Bands and Fine Arts at Austin High School, a position he has held for over thirty years. His band has twice been invited to march in the London New Year's Day Parade. He also plays saxophone in the Cedar Park Winds.

Now that you are retired, how do you spend your time?

BARBARA: I was concerned about retirement—told George he would come home, sit in the easy chair—and be dead in 6 months! I was wrong—he hasn't found the chair yet—me either. Seems we are constantly on the go—and for the most part—love it!

GEORGE: As we have aged, we no longer go to the football and basketball games. That decision was aided when a new Athletic Director tripled our cost of tickets. We are active members of RFSA, the UT Club and Barbara gets her bridge games on a weekly basis. I do a lot of the cooking, since Barbara has experienced mobility issues. One of my favorites is what we call Grandma Frock's Barbecue. It is great as sandwiches, on nachos, or on mashed potatoes.

What have you enjoyed as members of RFSA?

BARBARA: We love the Foodies—have made new friends and had good food. We have travelled a number of times with the travel group. We

recently joined the bridge group and are enjoying a new group of friends.

GEORGE: We have enjoyed RFSA and have participated in travel, bridge, foodies, and being on the Board.

BARBARA: I love everything about being in RFSA—serving on the board, interest groups, and the fall and spring luncheon meetings! I recommend any retiree to give it a try!

Grandma Frock's Barbecue Recipe

INGREDIENTS

1 to 2 pounds ground hamburger

Add chopped celery, onion, and green pepper - Any amount

Brown all in a medium size skillet. While browning add 3 to 4 shakes of Chili Powder. When browned, place on paper towel to soak up any grease. This depends on how lean the hamburger was.

Next add mustard, ketchup, a little vinegar, and sweet pickle juice. If you want a little kick to it, you might chop and add some jalapeno pieces.

Stir often and add enough ketchup to get the color red. You will find this is great as Sloppy Joe burgers, on chips as Nachos, or on mashed potatoes.

COME FROM AWAY



Show Program

BY TANY NORWOOD

Photos courtesy of Tany Norwood

► RFSA has been talking about former UT student and Texas Exes employee Kevin Tuerff for several years. Many of us in RFSA know Kevin from his time on campus and have followed his inspirational journey for several decades. Kevin was our speaker at the October 24, 2017 Fall Luncheon, and talked about his experience on September 11, 2001, when he unexpectedly became a refugee in Gander, Newfoundland. In Gander, visitors are called “come from away,” and Kevin shared his story of being a come from away in his book, “Channel of Peace: Stranded in Gander on 9/11.”

Canadians Irene Sankoff and David Hein researched that remarkable event at the 10th anniversary gathering of the international group of refugees in Gander, and then wrote the book, music, and lyrics for the musical “Come From Away.” The show was first produced at Sheridan College in Ontario in 2013. From Canada, the show came to sites in the US, and word of mouth led to standing-room-only shows wherever it played. It opened on Broadway on March 12, 2017, where it is currently running. In 2017, it was nominated for seven Tony Awards, winning one. Some of us had traveled to Broadway (and elsewhere) to see it, and all of



RFSA President Eleanor Moore and Kevin Tuerff

us were thrilled when we learned that the show would come to the UT campus as part of the touring Broadway in Austin series. We worked with Kevin Tuerff to set up an entire “Come From Away” evening for RFSA on Wednesday, February 19, 2020.

The evening started with a pre-show happy hour in the Legends Room of the Alumni Center. We snacked and had drinks while visiting with other attendees. Kevin made some comments, and brought one of his show doppelgangers, Brandon Springman. Brandon is a standby actor for Kevin T. in the show; since he was not performing that night, he was able to join us. Several of us also bought a new edition of Kevin’s book – now that he has a new publisher, the book has color photos!

From the Alumni Center, we took a short walk to the Bass Concert Hall. It’s a new world to go to major events on campus now, but the lines to get scanned and display our small clear bags moved quickly. Then we settled in for the show. It was performed without intermission and seemed to go by in a flash. Lots of laughter, a few tears, and amazing music from the band led to a standing ovation. As most attendees left the show, some of us made our way toward the stage for an after-show discussion with the real Kevin T. and the real Kevin J. (Kevin Jeung) and the actors who had portrayed their characters in the show that evening, Andrew Samonsky and Nick Duckart. It was a fascinating conversation from the actors and

COME FROM AWAY



Kevin Tuerff seated at book signing table with his former Texas Exes colleagues, (left to right) Kathleen Smith, Janice Garcia, Eleanor Moore, Nancy Kocurek



Kevin Tuerff speaks at the pre-show gathering, with "Kevin T." actor Brandon Springman

their inspirations, with lots of Q&A from the audience. And we were delighted to meet Beverley Bass, the real American Airlines pilot who is also a character in the show and was in the audience that night.

All of us who were able to attend had a wonderful time and left with hearts full of joy and gratitude for the kindness to strangers shown by the remarkable people of Gander.

MYSTERY PHOTO



► Okay folks. Time again for the Mystery Photo! This time the photo involves an animal named after a UT Athletic Director. There is also a building on the UT campus named for this person. Both animal and person are, alas, deceased. The building still stands.

Please send your replies to magazine editor Donna Bellinghausen at donnabell1015@gmail.com.

Submitted by Linda Peterson

INTEREST GROUPS

BRIDGE

▶ The Bridge Group meets the first Monday of each month of the year, unless that Monday is a holiday, in which case we meet the second Monday of the month. We play at the Alumni Center where parking is provided. We welcome new players, but we need to know in advance so that an even number of tables can be arranged. You need not come with a partner. We play friendly party bridge (not duplicate) and begin at 1:00 p.m. We normally meet every month as we are a group that likes getting together.

For further information, contact Mary Kay Hemenway at (mkhemenway@utexas.edu) or Kathey Ferland at (katheyferland4@gmail.com).

DISCUSSION

▶ The RFSA Discussion Group met in February to hear an excellent illustrated presentation by Perri Verdino-Gates and her colleague on the work of Mobile Loaves and Fishes (MLF) and its Community First Village. MLF is a local social outreach group that has been serving the homeless since 1998. In addition to its fleet of food trucks that visit groups of homeless people, the Community Village provides individual housing for about 175 carefully screened residents. These are chronically homeless men and women who are united into a fully functional community. Expansion will provide for another 300 residents. They also support Community Works which enables residents and volunteers to work in gardens, the arts, car care, screen-printing, and catering. RFSA members who attended this meeting asked good questions during the



Speaker Perri Verdino-Gates from Mobile Loaves and Fishes speaking with Discussion Group attendees, February, 2020.

lively discussion.

Although Discussion Group, like all RFSA activities, has ceased meetings currently, our plans for the fall events include a presentation from the group Better Angels. This Travis County organization provides structure for improving dialogue on any topic. In times of polarized opinions, Better Angels gives guidance on maintaining polite and civil conversations. We anticipate an enlightening presentation by their representatives when our meetings commence again. When we resume, the Discussion Group will be reorganized as a part of the new Interdisciplinary Speaker Series group, as reported elsewhere.

For further information contact Don Davis at dgdavis@ischool.utexas.edu or Alice Reinartz at areinartz@tamu.edu.

EXERCISE

▶ Until March 12, the exercise group was meeting regularly in Gregory Gym from 8:30 to 9:30 A.M. on Tuesdays and Thursdays for a variety of exercises led by our experienced and well-trained instructors. We have men and women members of a wide range of fitness, including an active new member.

At this writing, we are not meeting, of course. We hope that eventually we will be able to resume our regular schedule. For more information, contact Carolyn Wylie, cateswylie@gmail.com, 512/453-2556.

FOODIES

▶ January 16 found 13 of us gathered at Uncle Nicky's, one of the six best new restaurants opened in Austin in 2020. It's a casual neighborhood Italian place located on Duval with ample sized servings and most of us needed a take home box. We ate Italian tuna salad, turkey sando and George Frock commented that this was the best chopped salad he had ever eaten! Dessert: What kind of gelato do you prefer as they have numerous flavors? Very reasonably priced.

Let's have dinner at Hao-Q. As Bob Lawrence commented: "Hao-Q is a casual Asian kitchen. The staff was small, only 4 people, and friendly. The food was very good, tasty and reasonably priced. One of the best things I can say about a restaurant is that I would definitely come back to eat there. In this case, I would not only come back myself, but would bring friends. On a side note, their take-out business was busy, they seemed to always have people waiting for their take-out orders." An extensive menu, Happy Family, orange chicken, fried rice and of course, fortune cookies for dessert. Hao-Q is located on Far West and there is ample free parking.

An airy bright restaurant, Carpenters Hall is in the Carpenter Hotel on Josephine Street. This building housed the former Austin Carpenters Local 1266 and their banner is hanging in the restaurant. Some of us began with smoked trout dip with Creole remoulade followed by grilled Airline chicken breast (no, it didn't taste like airline food), others enjoyed fresh shrimp with a wedge salad, chopped salad and their burger, to name but a few of the yummy entrees we devoured. Located next to the Zach, it's a great place for dinner prior to seeing one of Zach's stellar shows.

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INTEREST GROUPS



RFSA Foodies Members enjoying dinner at Hao-Q.

Fifteen of us dined at the Rosedale Kitchen and Bar located at 3800 North Lamar on Monday evening, March 9. This space had been The Guild restaurant and yes, some renovations have been made creating a lovely bright interior. We ate crab and crisps, mussels, roasted beets for appetizers and for entrees, crispy duck confit cioppino, pork belly BLT, pork chop, and burgers.

After five years as the coordinator I am turning my fun job over to Bob Lawrence, who retired from the University Unions in December 2018.

If you want to join the group, please email Bob at rjlawrence@austin.rr.com.

INTERDISCIPLINARY SPEAKER SERIES

► The new Interdisciplinary Speaker Series (ISS) is planned around topics that will cross academic boundaries. The December 4th inaugural presentation was by Phil Kelton, retired from the McDonald Observatory, who spoke on being a Footloose Astronomer in Paris. Phil's summary follows:

The French are fond of remembering the past, and astronomy has a

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INTEREST GROUPS



Phil Kelton during his Footloose Astronomer in Paris presentation

rich history. Paris has many famous places that have interesting and unusual astronomical connections. This talk describes my efforts to seek out, discover, and study astronomical memories in the City of Light. It combines astronomy, history, travel, and the societal benefits of astronomy, and covers the period from the mid-17th to the late-19th century. Expect the unexpected.

The Spring ISS presentation was made in March by Diana Siebenaler from the Design Institute for Health (DIH). DIH is a collaboration of professionals at the Dell Medical School with the College of Fine Arts at UT Austin. Ms. Siebenaler is Director of Partnerships and Network Strategy Design. The goal of DIH is to utilize interdisciplinary “design thinking” in approaching problem solving in settings including clinics, hospitals, and community outreach. For example, a hospital room organized around a patient’s needs might be staffed consecutively by

the intake professional, then a medical assistant to get vitals, a general practice doctor, a specialist, and then by various test delivery...but in the same place and same day rather than in many different appointments at different locations. Some of these concepts are utilized currently in the UT Health Austin clinics. The other speaker at the meeting was Scott Lauger, Graduate Coordinator for the new interdisciplinary degree, M.A. in Design in Health. It is a first-of-its-kind program to bring together health design specialists to develop value-based care clinics. Participants will include third-year students at Dell Medical School and innovative health professional to learn a problem-solving mindset and the design skills to improve delivery of health care.

Our plan is to provide two meetings in fall and two in spring. The organizers invite suggestions from RFSa members.

ISS Committee:

Phil Kelton pwkelton@gmail.com

Alice Reinartz areinartz@tamu.edu

Corky Hilliard corkyhilliard45@gmail.com

FINANCE/INVESTMENT

▶ The Finance/Investment Group held our annual meeting with Carl Stuart on January 8, 2020.

Mr. Stuart is an Independent Financial Advisor and is well known from his weekly financial call-in show on Saturday afternoons on KLBj-AM. He reviewed the financial markets in 2019 and his expectations for the



March ISS presentation. From left, Phil Kelton, Ruth Rubio, Alice Reinartz, Tany Norwood, Diana Siebenaler, Director of DIH, Corky Hilliard, Scott Lauger, Graduate Coordinator. Courtesy of Eleanor Moore



Carl Stuart speaking with RFSa members

INTEREST GROUPS

market in 2020. Little did we know about the effect of the upcoming pandemic, but it was nonetheless an enlightening meeting, as always.

Subsequent meetings in the spring have been cancelled due to the pandemic but will resume as soon as RFSA resumes its normal activities. When we do resume, the Finance/Investment group will be reorganized as a part of the new Interdisciplinary Speaker Series group, as reported elsewhere.

For further information, contact Phil Kelton at pwkelton@gmail.com.

HEALTH

► At our age, health is a big factor in our lives. The better health we have, the better our chances of living a happier and longer life. We are very fortunate to have worked for our great University which not only provides us with excellent health insurance, but also provides us with the option to exercise in a gym at no cost through the Silver Sneakers program. The University also pays for exercise classes like Yoga and Tai Chi which help you maintain better balance which can keep you from losing your balance and falling resulting in breaking a hip or a knee.

We encourage you to take advantage of these benefits and to also attend our Health Interest Group meetings which will increase your knowledge about nutrition, exercise, and special medical presentations by physicians who provide us with lectures about their medical specialties.

The Spring Session began with our February meeting featuring Dr. Tom Vetter, a board-certified physician in Anesthesiology and Pain Medicine with the UT Dell Medical School. Dr. Vetter described the Comprehensive Geriatric Pain Management Program at Dell Medical. Our 30 members

were thoroughly engaged with Dr. Vetter and we all stayed later than usual as we asked and received all kinds of information from Dr. Vetter.

Sadly, because of the coronavirus, we had to cancel our March and April meetings. However, we already have speakers ready to resume discussions in September through November!

We hope to see you in the Fall, healthy and excited for another Health Interest Group discussion.

For further information contact Cecil Martinez cecil.martinez@sbcglobal.net or Linda Millstone lmwiseone@gmail.com

Prevalence of Pain in Older Adults

- Pain is **most common** in the older population
- Persistent pain **increases over time until 50-65 years of age**
- Pain prevalence levels out at **≈ 85 years***
- Most common pain – headache, abdominal pain, **back pain**, and chest wall pain

*Pain from degenerative joint disease increases until at least 90 years of age.

Slide from Dr. Vetter's presentation



Co-Chair Linda Millstone with speaker Dr. Thomas R. Vetter

INTEREST GROUPS

TRAVEL

► The RFSA Travel Group organizes and facilitates tours for RFSA members to be able to travel in preplanned tours of US and international venues. The comradery, learning and discovering new places are all bonuses. This past session the group visited the Panama Canal, Rainforests and Playa Bonita.

Travel Co-Chairs are:

Mike & Marcia Arn at texmarn@att.net or mjarn50@hotmail.com
John & Karen Harrison at kjharrison17@gmail.com.

POSTPONED

New England Rails and Trails, October 10-17, 2020

Out of an abundance of caution for the health and safety of our travel group due to unknown factors concerning the COVID-19 virus, the RFSA travel committee has decided to postpone the New England Rails and Trails trip until next year. It has been rescheduled to begin on October 9, 2021. Information will be available in early 2021 regarding the opportunity for those not already registered to sign up for this trip. An email will be sent to all RFSA members when the meeting date has been determined.



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UT Tower, Photo by Matt Wright-Steele





RESA VISITS

PANAMA CANAL,
RAINFORESTS
AND PLAYA BONITA

BY MARCIA ARN

Embera flute player, under long grass or palm frond roof, with hand woven baskets. Courtesy of Ella Quinlan

RFSA VISITS

PANAMA CANAL, RAINFORESTS AND PLAYA BONITA

► Two groups of RFSA members went on the same Panama tour one day apart, 14 leaving on Feb 11 and 10 on Feb 12. As we were driven from the airport into Panama City, we were surprised to see many tall skyscrapers lining the horizon, and one shorter one in a spiral shape. They have been built since 2000 and comprise Panama City #3. If you think driving is scary in Austin, lanes were not often marked so drivers proceeded at their own risk, wove in and out of crowded lines, and entered traffic when small spaces presented themselves. We were glad we were in a large bus!

We visited the ruins of Panama Viejo (Old Panama), founded by the Spanish in 1519. It burned down, and was rebuilt about 15 minutes away, Panama City #2. Panama City #3 could be seen across the bay. We went to the Miraflores Locks on the Pacific side where there was a museum about the locks, but we spent most of our time at the observation deck, patiently watching a ship go through. On the way back to the hotel, we drove through the City of Knowledge. When companies want to come into Panama, they are asked what new knowledge they will bring with them, so new universities and schools have been established. We were treated to a show that evening by a Caribbean dance troupe.

The next day we drove north to Colon, going past the Free Trade Zone to the Agua Clara Lock where we saw the locks on the Caribbean Sea/Atlantic side. Very large cargo ships were going through and we were told somewhat how the pricing structure was done. Large cargo ships with a full load may pay up to \$1,000,000 to go through the locks, but it beats going around South America. Payment had to be made in advance and it may take up to 48 hours for their turn to get through. Several ships were always waiting far out in the water for their turn. In the afternoon we took two twenty-two seat passenger boats on Gatun Lake, going by small islands and saw capuchin, tamarin, and howler monkeys. After dinner we saw an old filmstrip by David McCullough of previous attempts to build a canal. In the 1600s & 1700s it was desired, but the land was very inhospitable. The French in 1881-89 tried building the canal at great human expense, with thousands dying of typhoid, yellow fever and malaria, as well as in landslides. In 1904, the US took over

the project, and the director said first they had to take care of the mosquito problem, which was done over a period of time, saving many lives. President Teddy Roosevelt was filmed when he visited the site. Finally, the monumental task and engineering marvel of the canal was opened in 1913.

In the very early morning, as the second group left our Gamboa Rainforest Reserve hotel grounds, we saw a capybara family group with three young ones. We drove to the Pacific locks and boarded a two deck sightseeing boat to go through the Miraflores and Pedro Miguel Locks. We were told our boat paid \$4,100 to go through the locks. There was a lot of waiting, but we did see how it worked. Only Panama Canal pilots are allowed to guide the ships and boats through the canal, so they are brought by an official boat to board the ships to take them through. If we weren't napping that afternoon, we were enjoying the beautiful outdoor Gamboa hotel pool, or maybe both.

We took small boats on the Chagres River to go to the Embera indigenous tribe village. We were greeted by a lightly but colorfully clad couple who helped tie the boats and help us off, then we went up a hill, welcomed by music, a wooden flute, gourd shakers, handmade drums and a stick beating on an empty turtle shell. We sat under a large square structure with a long grass or palm frond roof and open sides while learning about their culture. Willing souls got to dance with the Embera women and children to the music, then we had a chance to see and purchase crafts Embera families had made. Beautiful carvings from cocobolo wood, tightly woven baskets of palm fiber with designs, small carvings made from



Karroll Kitt with Caribbean dance troupe, courtesy of Karroll Kitt

RFSA VISITS

PANAMA CANAL, RAINFORESTS AND PLAYA BONITA

tagua nuts, jewelry and more were on display. Earnings were used to purchase special cloth for the women's skirts and beads to make the women's tops and men's bottoms. We could even get a temporary 10 day tattoo. There were a few cuipo trees, very straight and very tall with no branches or leaves except at the top. This is where their national bird, the Harpy Eagle makes its nest.



Tamarin monkeys, courtesy of Ella Quinlan

At the Gamboa Sloth Sanctuary & Wildlife Rescue Center it was fun to see sloths which were being taken care of before being released to the wild again. Some actually moved! We also went through a butterfly enclosure and into an orchid garden. Lastly was a very large habitat tank with small colorful poisonous frogs.

The next day was free time at our Westin Hotel by the Pacific Ocean with lovely pools in the back and our own beach. Different iguanas would roam and stop to look at us. When the tide was out, we could stroll the beach for shells. Being in the ocean water was discouraged due to the jellyfish and rays.

Going to the Kuna Indian Market was a treat. The Kuna women tend to be around 4' tall and wear banded colored string wrappings on their arms and legs and very colorful clothing. They are known for their hand sewn multi-layered cloth designs, called molas. Many small booths lined with handmade and other wares had much to choose from. From there, we went to our last hotel in Panama City. The second group went to the Bio Diversity Museum. The first group had gone there at the beginning of their trip. It explained how many thousands of years ago when the Panama land bridge formed, it changed the ocean currents and affected weather all over the world. It also allowed animals to travel from South America to North America and vice versa.

Our last evening, a professional Panamanian dance troupe performed their native dances for us, the men dressed in traditional men's clothing (including Panama hats) and women in beautiful hand embroidered Pollera dresses and petticoats, each one unique. There are rules about how the dresses are made and the 6-12 necklaces that can be worn with them, as well as the intricate multi hairpieces they wear. The embroidered petticoats alone cost around \$1,000 and the dresses much more.

We all enjoyed our taste of Panama, learning about the locks and this multicultural country.



Kuna Indian woman in market with her hand sewn molas on the wall, courtesy of Marcia Arn

RFSA VISITS

PANAMA CANAL, RAINFORESTS AND PLAYA BONITA



Panamanian dance troupe in traditional clothing on last night, courtesy of Ella Quinlan



Robin Fradenburgh in Panama Viejo with ruins behind her and modern Panama City in the distance, courtesy of Janet Hicks



Sloth, courtesy of Ella Quinlan



Ship in Augua Clara Lock, courtesy of Janet Hicks

RFSA VISITS

PANAMA CANAL, RAINFORESTS AND PLAYA BONITA



Group 1, courtesy of Janet Hicks



Group 2, courtesy of Marcia Arn



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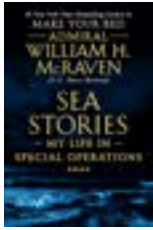
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SUMMER READING LIST

FROM PAT BOONE



Sea Stories – My Life in Special Operations
by Admiral William H. McRaven

“Action-packed inspiring, and full of thrilling stories from life in the special operations world. Sea Stories is a remarkable memoir from one of America’s most accomplished leaders.”

way, Orlean, award winning New Yorker reporter and New York Times bestselling author, introduces us to an unforgettable cast of characters from libraries past and present. Written with wit, insight, compassion, and talent for deep research.

FROM DEPHANIE CATES



Everything is Figureoutable
by Marie Foreleo

The Four Agreements
by Don Ruiz

“Educational, enlightening and worth remembering for life!”

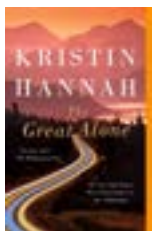
FROM PAULETTE DELAHOUSAYE



The Time It Never Rained
by Elmer Kelton

Set in west Texas in the 1950s, with a fascinating rugged individualist as the main, it deals with long term drought, ranching, relations between Anglos and Mexican Americans, illegal immigration, and family dynamics. It was prize winning!

FROM SUSAN KESSLER



The Great Alone
by Kristin Hannah

Ernt Allbright, a former POW, comes home from the Vietnam war a changed and volatile man. He makes an impulsive decision to move with his wife and 13-year-old daughter to Alaska, where they will live off the grid in America’s last true frontier. In a wild, remote corner of the state, they

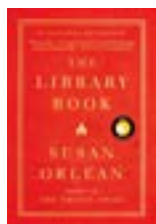
find a fiercely independent community of strong men and even stronger women. But as winter approaches and darkness descends on Alaska, Ernt’s fragile mental state deteriorates and the family begins to fracture. An unforgettable portrait of human frailty and resilience reveals the indomitable character of the modern American pioneer. It is a daring, beautiful story about love and loss, the fight for survival, and wildness that lives in both man and nature.

FROM TANY NORWOOD



Becoming
by Michelle Obama

I have always admired Michelle Obama. As First Lady, she radiated grace, empathy, and the family values we all cherish. I was excited to read *Becoming* to learn more about her, but I got much more than I was expecting. It is such a good book that I read it all in just a couple of sittings. The story of how she met Barack and how they fell in love melted my heart. Her childhood in Chicago helped me understand her strong sense of family values, and why it made so much sense for her mother to move into the White House to help Malia and Sasha maintain a sense of normalcy in their lives. And it was nice to learn more about what has been happening in their lives since they left the White House. This was a terrific read about the family that made history in our country.



The Library Book
by Susan Orlean

Did someone purposefully set fire to the L.A. Public Library in 1986—and if so, who? The mystery remains. *The Library Book* by Susan Orlean chronicles the LAPL fire and its aftermath to showcase the larger, crucial role that libraries play

in our lives, delves into the evolution of libraries across the country and around the world; brings each department to vivid life; studies arson; reflects on the author’s experiences in libraries; and reexamines the case of Harry Peak, the actor long suspected of setting the fire. Along the



The Book of Gutsy Women: Favorite Stories of Courage and Resilience
by Hillary Rodham Clinton and Chelsea Clinton

It is filled with stories of women, some of whom I knew and many who I didn’t, but all who took on challenges and earned the right to be called “gutsy”.

The stories are each quick reads, and every one inspired me. These stories are our history, but usually not reflected in our history books. It is a great gift to ourselves as well as every young woman and girl you know.



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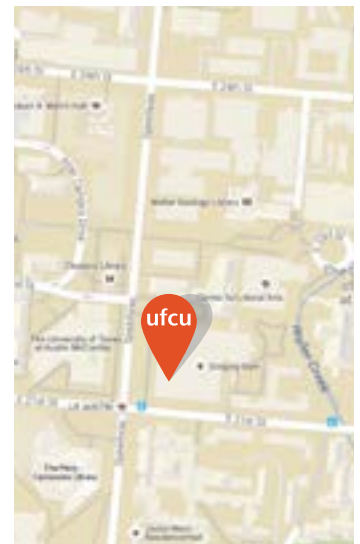
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SUMMER READING LIST



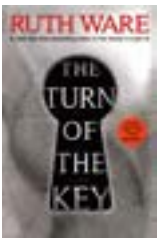
...and Now, the Good News: 20 Years of Inspiring News Stories

compiled by the Good News Network and Geri Weis-Corbley

And, finally, a quick read that was gifted to me by my nephew, who heard me complain that I could barely listen to the vitriol in the news any more—...and Now,

the Good News: 20 Years of Inspiring News Stories, compiled by the Good News Network and Geri Weis-Corbley. It is a tiny book, very quick to read, that made my heart sing with all the stories that are also news but that we don't hear. The book introduced me to the Good News Network (www.goodnewsnetwork.org) that we ALL need to set up as a link on our computers. It is an antidote to the cynicism and negativity that most of us feel after hearing the regular newscasts. Better than prozac.

FROM SHARON JUSTICE



The Turn of the Key

by Ruth Ware

Author Ruth Ware has written another book, *The Turn of the Key* and it is as suspenseful as her others, such as *The Woman in Cabin 10*, and *The Lying Game*, etc. Yes, this was one of those books that found me looking at the clock and not believing how late it was. I just couldn't stop reading. *Think About the Turn*

of the Screw by Henry James updated. A nanny accepts a position in a gorgeous home in the Scottish Highlands that is wired with a smart phone app and the environment is invaded by cameras everywhere. She is never alone. The novel is written from the nanny's perspective as she sits in a jail cell accused of killing one of the children she nannies. She swears she is innocent. Is she?



The Splendid and The Vile

by Erik Larson

I eagerly awaited the publication of this book as I am a fan of Larson's. (If you haven't read *The Devil in White City*, do so.) It doesn't disappoint. It takes place from May, 1940 - May, 1941, Churchill's first year as Prime Minister, the year the German Air Force launched a full-on assault against the city of

London. Larson draws on diaries including those in Churchill's Secret Circle, recently released secret intelligence reports as well as stories of the Churchill family. It's an intimate look at Churchill, (did you know he wore pink undershorts?), his wife, Clementine, daughter Mary, and his favorite and troublesome son, Randolph. We are familiar with Churchill's persuasive speeches as each one seemed to be more stirring and persuasive than the last one. What an impressive leader! One can't

help but wonder what the world would be like now had Churchill not been Prime Minister during this terrible time in British history. As described by Larson after the relentless bombing, "As buildings erupted, thunderbolts of pulverized brick, stone, plaster and mortar billowed from ears. And attics, roofs and chimneys, hearth and furnaces. Dust from the ages of Cromwell, Dickens and Victoria."

FROM CAROLYN WYLIE



The Corner That Held Them

by Sylvia Townsend Warner

A novel about a 14th-century English nunnery. A little hard to get into, but fascinating once in. Deals with the Black Death and other horrors but is also very funny at times. "In the past there had been a terrible corrodian at Oby. She filled the house with gossips and nephews, she got drunk and played on a trumpet,

and at the most unsuitable moments she would appear with no clothes on, declaring that she was the Patriarch Job."



The Color of Magic

by Terry Pratchett

Anything by Terry Pratchett, creator of the Discworld (a flat disc carried by four huge elephants on the back of a giant turtle swimming through space, inhabited by ordinary humans, witches, wizards, dwarves, gnomes, and assorted other groups). Fantasy/satire/great fun. *The Color of Magic* introduces the Disc and some of the main concepts involved.



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2019-2020 Scholarship Recipients

Mir Ali

Ft. Worth, Texas
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Shayan Ali

Sugar Land, Texas
Management Information
Systems

Omar Aly

Arlington, Virginia
Chemical Engineering

Jesse Beaman

Columbus, Indiana
Design

Jahnvi Bhakta

San Antonio, Texas
Finance

Rachel Brake

Chemical Engineering

Jimin Chun

Dallas, Texas
Nursing

Chantelle D'Souza

Houston, Texas
Biology

Bianca Garcia

Houston, Texas
Kinesiology

Anapaula Guajardo

Monterrey, Mexico
Radio-TV-Film &
Performance Process

Xuan Jiang

Hangzhou, China
MIS & Economics

Alexander Kanora

Naples, Florida
Chemical Engineering

Andrei Kleinschmidt

Mexico City, Mexico
MBA

Yana Maskov

Plano, Texas
Pharmacy

Taylor Morgan

Ashburn, Virginia
MS Social Work

Jaime Pena

Mission, Texas
Pharmacy

Maojing Qin

Baytown, Texas
Biochemistry & Pre-Med

Ruth Raichur

Bangalore, India
Biology, Genetics &
Genomics

Sofia Valdez

Laredo, Texas
Mechanical Engineering

RFSA SCHOLARSHIP CONTRIBUTIONS

GIFTS RECEIVED FROM
NOVEMBER 1, 2019 – APRIL 15, 2020

Donna Bellinghausen

Betty and Jim Stice
In memory of John McKetta

Lael Hasty

Nancy Payne

Delores A. Baldwin

Dr. Philip Kelton

Della Sprager

Colleen Mehner

Peggy Mueller
In memory of Helen Kinnamon

Patricia E. Nealon

Virginia Phillips
In honor of Carol Barrett

IN MEMORIAM

This column honors the memory of active and retired University of Texas at Austin and University of Texas System faculty and staff whose deaths have been made known to us between November 1, 2019 and April 15, 2020. Every attempt has been made to identify the university affiliation of each individual or their contributions to the university community. Also included, when known, are spouses of retired faculty and staff members. Any additions or corrections to the list should be addressed to Barbara Frock, Historian, at jbfrack@gmail.com.

John Paul Alexander, 74

Tenured Position, Mathematics
December 13, 2019

Victor Harold Appel, 89

Associate Professor, Educational
Psychology
September 15, 2019

Renata Babuska, 89

Wife of Ivo Babuska, Professor
Emeritus, Aerospace & Engineering
Mechanics
April 2, 2020

Ronald S. Beck, 76

Senior Construction Inspector
October 25, 2019

Janet M. Bensman, 71

University Health Services and
UT Counseling Center
February 21, 2020

Marjorie Goodson Blackstock, 87

Wife of David T. Blackstock, E.P.
Schoch; Professorship in Engineering;
Professor Emeritus
December 8, 2019

John George Bordie, 88

Linguistics Professor; Director of
Foreign Language Education Center
January 23, 2020

George Warren Botbyl, 88

Research Engineer; Science Assoc. IV,
UT Center of Space Research
December 20, 2019

Neal M. Burns, 87

Professor Emeritus, Stan Richards
School of Advertising and Public
Relations
February 29, 2020

**Laura Suzanne (Sue) Andrew
Burton, 86**

Associate Vice President, Office of the
Dean of Graduate Studies
February 9, 2020

**Deborah (Debbie) Nelson Canion,
61**

Assistant to the Dean,
School of Pharmacy
October 22, 2019

Ruth C. Crawford, 94

Staff, Chemical Engineering
March 12, 2020

Dr. Joann Crow, 88

Research Associate, School
of Nursing
December 13, 2019

Dorothy Anne Falk, 75

Administrative Assistant, Applied
Research Laboratories
January 18, 2020

**Walter Keene Linscott Ferguson,
85**

Worked for Bureau of Economic
Geology
December 31, 2019

George William Gau, 72

George S. Watson Centennial
Professorship; Professor Emeritus,
Finance, Red McCombs
School of Business
December 23, 2019

Woodie Richard Grisham, 97

Operations Officer of Investments
and Trusts
February 11, 2020

Julie Hallmark, 82

Professor Emerita, Graduate School
of Library & Information Science
February 8, 2020

Paul Peter Hatgil, 99

Professor Emeritus, Art
and Art History
April 6, 2020

Michael (Mike) Eugene Holt, 77

Building Services Supervisor,
McCombs School of Business
January 26, 2020

IN MEMORIAM

Maria Johnson, 74

Wife of Calvin H. Johnson, John T. Kipp;
Chair Emeritus in Corporate and Business
Law
November 25, 2019

Winna Jones, 97

Associate Professor, Kindergarten
Education
January 24, 2020

J. Leon Lebowitz, 98

Joseph C. Hutcheson Professor of Law;
Professor Emeritus, School of Law
January 11, 2020

Marian Maxwell, 101

Widow of John C. Maxwell,
William Stamps Farish Chair in
Geology
January 5, 2020

William D. McCormick, 88

Professor Emeritus, Department
of Physics
November 7, 2019

Catherine Alice McKie, 93

Widow of James McKie, Edward Everett
Hale
Centennial Professor of Economics Chair;
Professor Emeritus,
Economics
December 11, 2019

Maria Oliphant

Benson Latin American Collection,
Library Assistant
January 4, 2020

Julie Mitchell Palmer, 65

Lecturer, Botany
March 1, 2020

Starling Gray Goodyear Pullum, 66

Data Processor; Systems Analyst,
Population Research Center
November 27, 2019

Mary Helen Quinn, 88

Staff, Department of History
April 8, 2020

Patsy Reid, 78

Record Information Specialist,
Office of General Counsel
January 3, 2020

Suzanne Kain Rhoads, 79

Coordinator, Computer Science
October 29, 2019

Robert William Riess, 88

Research Scientist, Department
of Zoological Sciences
April 4, 2020

Joel Rudd, 99

Librarian, School of Law
February 18, 2020

Louise La Bauve Saxon, 81

Assistant Director of Development,
University of Texas Press
November 2, 2019

William Richard Scott, 86

Technical Staff Assistant IV,
Planning and Scheduling
December 2, 2019

Ronald B. Stalder, 65

Lieutenant, UT Police Department
December 9, 2019

Kenneth Edward Tiemann, 90

Student Health Center; Adjunct
Professor, UT Pharmacy School
January 22, 2020

Patricia A. (Pat) Weis, 89

First Women's Intercollegiate Athletic
Golf Coach, Health and Physical
Education
February 9, 2020

Barbara Ellen (Dalton) Williams, 86

Associate Professor of Social Work and
Director of Graduate Field
December 28, 2019

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THE UNIVERSITY OF TEXAS RETIRED FACULTY-STAFF ASSOCIATION

The Retired Faculty-Staff Association of The University of Texas at Austin provides the point of connection, continuity and communication for the mutual benefit of its members and The University. A complete statement of the purposes of the association can be found in the constitution. Submissions may be emailed to: *donnabell1015@gmail.com* or mailed to *Carol Barrett, RFSA Coordinator, Texas Exes, P.O. Box 7278, Austin, TX 78713*

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