



RFSA MAGAZINE

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

FALL 2016

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RFSA MAGAZINE

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A MESSAGE FROM THE PRESIDENT



Welcome to our new members and a hearty welcome back to our returning members who enjoy RFSA's camaraderie, luncheons, and all the services that our group offers to us. Let's make this a good year in which we focus on health, since this is the year that SilverSneakers and the Living Well program offered by UT make all of us more conscious of how important it is to remain healthy.

The University of Texas provided us with an excellent environment to work in, with very good retirement and medical benefits. As retirees, it now encourages us to keep our health a top priority. The SilverSneakers program provides access to free gym memberships so we can exercise at top facilities at no cost. But even if you cannot make it to a gym, walking at a good pace for 30 minutes a day (approximately two miles) is an excellent way to exercise. Good health will make a difference because if we live an active, healthy life, we can enjoy some of the things that we dreamed of when we were working!

We can enjoy traveling in the USA or abroad. In the USA, we can visit the

west or east coast, the north like Mount Rushmore and Niagara Falls, the south like Florida and New Orleans, or even Hawaii or Alaska. You might want to travel abroad in Europe, Australia, South America and elsewhere. We have an excellent Travel Interest Group led by Marcia and Mike Arn and Karen and John Harrison. They surveyed our travel interests during our October luncheon, and always welcome travel suggestions.

As healthy retirees, we can also enjoy our families, children and grandchildren. We can spend time on our hobbies, or volunteer with worthwhile organizations that we didn't have time for while we were working – many areas in our communities need volunteers. There are so many things we can be involved in if we have good health, so take advantage of what our UT benefits offer in this area.

RFSA is an excellent association, but what makes it work so well? This may sound like a broken record, but being involved with RFSA makes us much more aware of who makes the group work so smoothly. As members, we are so grateful for these people and want to thank them for their support: UT President Gregory Fenves, whose office funds our luncheons; the Texas Exes, which provides beautiful meeting space and exceptional staff support, led by our administrative liaison, Carol Barrett; Dr. John McKetta, who contributes annually and generously to our group; our sponsors, who advertise in our magazine and directory; and all of our donors and members who contribute to our scholarship fund and pay their annual membership fees.

Just as important as our financial

backers is the operational team that makes this organization run like a finely engineered machine. This team is composed of the executive committee, the officers and the interest group chairs, all listed on the inside cover of this publication. These are the ladies and gentlemen that perform all the functions pertaining to our group and provide special information through their interest group meetings. It is a pleasure to work with these people who give so much of their time for our benefit.

I would like to make you aware of some opportunities to join this operational team. We have two interest groups that need chairs or co-chairs, Fine Arts and Health. Deena Mersky (Fine Arts chair) and Carol Obianwu and Norm Minter (Health co-chairs) have stepped down after long service. We thank them for doing excellent work for such a long period of time. If you are interested in serving in a leadership role on either of these groups, please let me know. I also want to thank Carol Kay Johnson, former chair of our Travel interest group, and Bill Crook, former Bridge group chair, for their long service to our members.

We had a very enjoyable fall luncheon and meeting on October 18. A record number of new members, from a wide range of UT departments, introduced themselves during our meeting. I want to thank Peggy Mueller and Peggy Kruger, our Membership co-chairs, for doing a wonderful job of providing information and recruiting members for RFSA at the UT retirement seminars.

Our speaker at this luncheon was Dr. Frank Bash, who gave a wonderful talk

on astronomy and followed up with questions from our members. Dr. Bash is not only an excellent speaker, but also had a great career at UT, distinguishing himself as an inspiring professor, a well-published researcher, and a strong leader. Dr. Bash served as chair of the Department of Astronomy and Director of the McDonald Observatory. During his tenure as Director, he led the effort to build one of the largest telescopes in the world, the Hobby-Eberly Telescope. After his retirement, the Visitors Center at the observatory was renamed in his honor.

We also got some very good news from Clemith Houston, our Treasurer, and Eleanor Moore, our Scholarship Fund chair, at this luncheon. Clemith's

treasurer's report showed that we continue in a strong and stable financial position, thanks to the fiscal efforts begun a few years ago. Eleanor reported that our scholarship fund was able to award a record number of 20 students scholarships of \$2,500 each for this academic year, up from 13 scholarships last year. The RFSA members who started our scholarship fund in the early 1980's would be delighted to hear that the fund is now awarding scholarships at this level. The other good news from Clemith and Eleanor was that RFSA honored Carol Barrett with a \$5,000 donation to the scholarship fund in her name, made of up donations from our officers and interest group chairs and supplemented by operating funds. Congratulations to Carol, and thank

you for everything you do for RFSA!

I would like to, once again, thank all of our sponsors and our board for the work they do for RFSA. And I hope to see all of you at our holiday reception on Tuesday, December 6, from 2:30 to 4:30 p.m., at the new Sterling Events Center. Watch for an invitation in your email, and join your fellow retirees in a celebration of the season!

Cecil Martinez
President

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INTEREST GROUPS

BRIDGE

The Bridge group meets monthly, including throughout the summer, at the Alumni Center. In July, Bill Crook retired as bridge chair after over ten years of leadership. He left such big shoes to fill that it now takes two people to replace him: Liz Bozyan and Mary Kay Hemenway (who are both astronomers). As a card game played at tables of four, we need to ascertain in advance how many people plan to attend. Each month Mary Kay and/or Liz contact the RFSA members on our current list to see who is available to play. The result is a fun afternoon of friendly party-bridge (not duplicate), and you need not come with a partner. With each round, your partner changes so you will have a chance to meet many interesting people. Please contact the leaders if you want to try out this group that usually meets the first Monday of each month (unless it is a holiday Monday). You can reach Mary Kay Hemenway at marykay@astro.as.utexas.edu and Liz Bozyan at starlizzie@austin.rr.com

DISCUSSION

Attendee of Discussion Group presentations Ruth Rubio says she “likes the open forum and range of topics with speakers open to all questions.” In fact, the presenter in October, Dr. David Leal, came prepared with Power Point but found so many interested in ask-

ing questions that he spent the entire time in a broad-based, audience-directed discussion. Dr. Leal, Professor in the Department of Government and the Center for Mexican-American Studies at UT Austin, generated significant interest in “all things electoral” just a month before the U.S. Presidential vote. Sharing his vast expertise in American electoral politics, in particular Latino politics, he covered a broad spectrum of issues. Many questions related to the functioning of the Electoral College and trends in voting in recent years. His involvement with UT students and the context of changing demographics in Texas enabled him to put this national election into historical and local perspective. Observing the 75th anniversary of the attack on Pearl Harbor, the topic for December 7 was a discussion of that pivotal event in World War II led by Clyde Rabb Littlefield. Mr Littlefield served as an Air Force officer in the Korean War and is a military and UT historian. We hope these two examples will tempt RFSA members to come, and bring their friends, to Discussion Group meetings at Howson Branch Public Library, 2500 Exposition. Be watching the RFSA website for dates and times. In addition, notices are shared by email in advance of all events.

Chair Alice Reinarz and speaker David Leal discuss politics and elections with the Discussion Group

Miles Abernathy, who attends frequently, recommends Discussion Group because the topics are always interesting and there are lots of good questions. Please contact co-chairs Don Davis (dgdavis@ischool.utexas.edu) or Alice Reinarz (areinarz@tamu.edu) with feedback, questions, or sug-



Left to right: Bridge players Mary Ellen Miller, Mary Kay Hemenway, Bill Crook, Paula Hundley, Mildred Joseph

gestions for future meetings.

EXERCISE

The RFSA exercise class meets Tuesday and Thursday mornings from 8:30 to 9:30 at the Recreational Sports Center, room 1.106, where experienced exercise instructors Helen Scaffa and Kaitlin Jolly lead us in a variety of exercises designed for all ages and fitness levels. These include balance work, stretches, yoga, and low-impact pilates, using exercise balls, hand weights, and thera-bands. To participate, you need to join Rec Sports; there is a 50% discount for retirees. For more information, contact chair Carolyn Wylie (cateswylie@gmail.com or 512-453-2556).

FINANCE/INVESTMENTS

We have had two meetings this fall with excellent speakers. Ms. Stacy M. Bouwman, a Financial Advisor at Edward Jones spoke on September 12 on the topic “The Risk of Not Investing.” Stacy went over how to stay on pace toward your goals, address current market conditions and volatility and the importance of knowing your risk tolerance.

Mr. Dennis Hobbs, Vice President of Texas Star Investment Group, spoke on October 10 on the topic “The Market in 2016.” The Finance/Investment group meets on second Mondays at the Howson Branch Library, 2500 Exposition. We do not meet every month so check the RFSA website or email meeting notices for the latest information. Our first speaker in 2017 will be Mr. Carl Stuart, Independent Financial Advisor, on January 9. Phil Kelton (pwkelton@gmail.com) and Pauline Lopez (psanlopez@yahoo.com) are co-chairs of the Finance/Investment group. Please contact them for more information or to become involved.

FINE ARTS

The Fine Arts Interest Group has four members who plan events: Carolyn Wylie keeps RFSA members abreast of musical events in and around Austin, with emphasis on those that are free or low cost (cateswylie@gmail.com). Judy Amis arranges the theater parties, usually including a happy hour or dinner. We’ve done this several times already – always fun for all, with easy access to the theater as well as a nearby restaurant (judy.amis@yahoo.com). Laraine Lasdon is our art docent extraordinaire.

The Fine Arts Chair, who also works to make this group a success, is currently vacant. If you are interested in coordinating the diverse activities of this interest group, please contact RFSA President Cecil Martinez (cecil.martinez1958@gmail.com). RFSA members are encouraged to contact any of us with ideas and suggestions for fine arts related possibilities. We also want to keep an email list of interested arts enthusiasts. Please let us know if you wish to be on such a spe-

cialized list. Best of all, join our committee to participate in planning some informative and enriching events! Foodies at Andiamo’s



FOODIES

If you enjoy eating at interesting Austin restaurants and socializing with other RFSA members, then join the Foodies group. We get together at least once a month and sometimes twice for lunch and/or dinner. We have eaten dinner at Jack Allen’s Kitchen on Loop 360 where the menu is comprised primarily of products produced in the state of Texas; had our choice of breakfast or lunch at Dai Due

on Manor Road, a rustic space with a butcher shop and yes, you can watch them cut the meat you requested for your meal; dinner at the Bullfight on Airport Blvd., a Spanish tapas restaurant; and lunch at the Boiler Nine Bar + Grill, an original bright and airy space located in the old Seaholm Power plant on West Cesar Chavez. On October 24th, the group met at for dinner at Andiamo’s, a classy Northern Italian long-time favorite located on Rutland Drive, and on November 3 we had lunch/breakfast at Sawyer’s a contemporary Louisiana restaurant located on East Cesar Chavez. If you are interested in joining the Foodies group, just contact Sharon Justice at dsshj@austin.utexas.edu.

HEALTH

RFSA’s theme this year is “Living Healthy.” In that spirit, the Health Interest Group has had a fall full of interesting events and speakers. On September 19, we heard from cardiologist Dr. Vivek Goswami, who discussed cholesterol and the impact it has on the cardiovascular system. We learned how cholesterol is formed and ways to manage it. He also brought us up to speed with the latest treatments



Health interest group listens to Dr. Vivek Goswami

INTEREST GROUPS

and options.

Next, on October 17, we heard from Elizabeth Matthews, from the UT System Office of Employee Benefits. She gave us an overview on UT's "Living Well" programs that are available to retirees on the UT Select medical plan, including the new SilverSneakers program which provides gym memberships at no cost.

On November 21, we had Dr. Ed Peters, an allergist, who spoke to us about our allergies and how to protect ourselves from them during the year.

In addition to the regular Health Interest Group meetings, this term we had a series of three classes on November 3, 10 and 17 from Jeff Stellmach at the UT Employee Assistance Program. These classes covered all the aspects of care giving for those of us responsible for providing care for a family member, the resources for ensuring quality care, and learning how to care for ourselves during that time. We greatly appreciate the generosity of the University Federal Credit Union for providing conference room space for these sessions.

The Health Interest Group usually meets on the third Monday of each month at 1:30 p.m. at the Old Quarry Library. RFSA members will receive emails before every meeting with information about the speaker and topic, and will also receive emails about special meetings. If you have any suggestions about speakers or topics, please contact the temporary chair of the Health Interest Group, Cecil Martinez

(cecil.martinez1958@gmail.com).

TRAVEL

This term, twenty-six UT RFSA members traveled to Eastern Canada, returning on August 28, 2016. See Carol Kay Johnson's excellent article about the Canada trip on page 20. Closer to home, the travel group offered tours of UT Facilities:

RFSA Tours the Perry-Castañeda Library

Eleven RFSA members visited one of the largest academic libraries in the southwest, the Perry-Castañeda Library (PCL) on the UT campus on October 6, 2016. This excursion was sponsored by the RFSA Travel Committee and organized by Virginia Phillips and Peggy Mueller, former UT librarians.

With over 400,000 square feet of useable space, the building has six floors and a basement for mechanical and electrical equipment. Each floor is the size of a super Walmart. PCL opened in August 1977 and has seen many changes and upgrades through the years. It is the main library for the University of Texas at Austin, serves as the administrative home for the Libraries and is seeing new enhancements to serve students, faculty and staff. For more information see www.lib.utexas.edu/pcl.

Our morning began with a conversation with Dr. Lorraine J. Haricombe, Vice Provost and Director of University Libraries. She spoke of her vision for the

Libraries and explained recent renovations and answered our questions. Allyssa Guzman, Digital Scholarship Librarian, led us to the fifth level where we visited the collaborative study floor with moveable furniture, white boards, multiple electrical and charging outlets, various kinds of seating options and reservable rooms for group study projects and presentation practice sessions.

We moved back to the second floor to see the Scholars Commons. This space offers scholars a brand new Data Lab, presentation practice rooms, silent study space and the Graduate Landing Spot. Amber Welch, Digital Pedagogy Librarian, showed us The Learning Commons, which opened Fall 2015 to support student learning with the latest technologies. The Media Lab and the Learning Labs offer a high technology environment for professors, library staff and students to work together in classroom settings. The University Writing Center provides writing consultations to undergraduate students and graduate students in the College of Liberal Arts. The UFCU Room on the second floor holds special new STEM Learning Spaces and Study Areas for students in Science, Technology, Engineering, and Mathematics (STEM) fields and the Ruth Stefan Poetry Collection, part of the UT Poetry Center.

All UT Austin retired faculty and staff may use the electronic and paper resources of all of the University of Texas Libraries with either EID or UT ID card. There are restrictions for some materials and some physical spaces. Check the Libraries website: www.lib.utexas.edu or call if you have questions.

After the tour, several people enjoyed lunch together in the Jester City Limits Food Court, a far cry from what many of us lovingly call "dorm food".

RFSA Tours the UT Athletic Department

Members of RFSA visited the UT Athletic Department and the Darrell K. Royal-Texas Memorial Stadium on Monday, July 25, 2016, and enjoyed a



RFSA group outside of the Canadian welcome center at Niagara Falls. Some non-RFSA members who were on the trip with us are in the picture.

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INTEREST GROUPS

75-minute walking tour that was ADA accessible. Highlights of the Athletic complex tour included the H.J. Lutchter Stark Center of Physical Culture and Sports, and the Todd-McLean Physical Culture Collection, both of which are located in the north end of the stadium and are open to all during regular office hours; views of the campus and downtown Austin from the mezzanine level of the stadium; a visit to the game-day press box, as well as a walk through the tunnel onto Joe Jamail Field. The last venue visited was the Bobby Moses Jr.-Mike Campbell Football Trophy Room, which was an extremely interesting visit down memory lane for all in the group who consider themselves Longhorn fans.

Upcoming overseas travel opportunities:

Costa Rica - February 8-15, 2017 will see several of us going to experience the sites and wildlife there. This is the second RFSA trip to Costa Rica (first one in 2005), but some who went before are going again, which attests to the allure of this country.

Shades of Ireland - August 22 – September 3, 2017 , This trip includes the entire island, featuring Dublin, Kilkenny, Waterford, the Blarney Stone, Killar-



RFSA travel group in Darrell K Royal-Texas Memorial Stadium during tour of athletics facility

ney, the Ring of Kerry, Limerick, Ennis, Cliffs of Moher, Galway, Enniskillen, Northern Ireland, Donegal Town, Derry, Giant’s Causeway, Glens of Antrim, Belfast and Kingscourt, ending with an overnight stay on the regal grounds of Cabra Castle. For more information, contact Karen Bluethman, Heart of Texas Tours, 512.345.2043, hottours@sbcglobal.net .

We also expect to have more local UT tours offered in 2017. If you have an interest to see a specific building or department, please let us know. RFSA

invites you to come travel with us! Information about upcoming day trips will be released as details are confirmed. If you have a destination in mind, let us know.

Travel Co-Chairs:

Mike & Marcia Arn
texmarn@att.net
MJARN50@hotmail.com
512-335-0244

Karen & John Harrison
kjharrison17@gmail.com
512-771-2022

Kay Hemenway.

Deena Mersky was our Fine Arts Interest Group chair even while she simultaneously served as RFSA president. Deena’s leadership helped set RFSA on the path to financial stability, at the same time that she coordinated the music, theater and art events open to all members. We hope to confirm a new Fine Arts chair soon.

We are so grateful and will greatly miss our former chairs, but are glad we will continue to see them at all the meetings and activities. And we welcome our new chairs and thank them in advance for their service!

FALL LUNCHEON

The RFSA Fall luncheon on October 18 in the Connally Ballroom Etter-Harbin Alumni Center was very well attended, with a bumper crop of at least 25 new members retired from a wide variety of UT departments. RFSA President Cecil Martinez welcomed us against a backdrop of stunning slide show images from past RFSA trips (courtesy of Marcia Arn). Following that, Dr. Frank Bash, retired director of the McDonald Observatory and Professor Emeritus of Astronomy gave a fantastic lecture that managed to both entertain and enlighten us (no pun intended). He managed to combine instruction and humor, along with his obvious and infectious enthusiasm for cosmology, deep space, dark matter and dark energy. It comes as no surprise that he is a member of the Teaching Excellence Hall of Fame!

Eleanor Moore, scholarship chair, reported that seven of our twenty scholarship recipients were in attendance. We enjoyed welcoming and interacting with these amazing young people. As always, the food and staffing provided by the President’s Office and Texas Exes were excellent.

On a sad note, Cecil read to us the following message from one of our most loved, admired and generous members, Treasurer Emeritus Dr. John McKetta:

Dearest RFSA members: I am so sad to say my active days in RFSA are closing in on me. Thank you all for being my friends and bringing me so much joy for the past 20 years. Frank Bash was a giant and we were all so proud of him and his Fantastic Contributions. Carol Barrett and her wonderful organization will always remain one of my greatest admirations. May our Great God continue to lead us in the future. I am so proud of each member. John J. McKetta, Jr.



Scholarship recipients from left to right: Mark Teffeteller, Erinn Wright, Julissa Castilleja, Manuel Diaz, Paola Piña, Anna Hiran, Hannah Cruz, Jailyn Peña



Dr. John McKetta



A delicious lunch buffet courtesy of the President’s Office



Winners of this term’s McKetta Attendance Award were, from left to right: Lizane Ledbetter McClenon, Mathematics
Phyllis Schenkkan, Communications - Public Broadcasting
Martha Ovando, Educational Administration
Mary Crook, UT System Facilities (spouse)
Corky Hilliard, Texas Union and LBJ School of Public Affairs
(Corky donated her award to the RFSA Scholarship Fund)

THANK YOU TO OUR FORMER CHAIRS

Thank You for Being So “Interesting!”
This fall brings changes in leadership to four of our RFSA Interest Groups: Health, Travel, Bridge and Fine Arts. For various reasons, the long-time chairs of these four groups have decided to step aside. We are working to fill those very big shoes!

Carol Obianwu has chaired the Health Interest Group for years, bringing us knowledgeable speakers on a variety of health topics relevant to our age group. Carol’s co-chair, and our current President, Cecil Martinez, will continue to serve as chair until next year when a new chair or co-chairs can be selected.

Carol Kay Johnson has earned a lot of

frequent flier miles by serving as chair of the Travel Interest Group. She has coordinated domestic and international trips that have been thoroughly enjoyable and educational, and wrapped up her leadership of this group with a “People to People” tour of Cuba last spring. Four frequent travelers will co-chair the Travel group starting this fall – Marcia and Mike Arn and Karen and John Harrison.

Bill Crook has coordinated our Bridge Interest Group from his home near San Antonio, driving to Austin for Board meetings and bridge game days. We appreciate his commitment and his commute, and welcome the new Bridge group co-chairs, Liz Bozyan and Mary

RFSA Celebrates Carol Barrett

At its September 14 meeting, the RFSA Board celebrated our long-time adviser and administrative liaison Carol Barrett with a surprise party and the announcement of a \$5,000 gift to the RFSA Scholarship Fund in her honor. Carol serves as Director of Special Projects at the Texas Exes and one of her “special projects” is assisting RFSA in a multitude of ways: mailings, membership, event planning, record keeping, moral support and otherwise helping our Association-- always with a smile on her face and a positive attitude.

Carol’s response to this announcement was “I’m just doing my job.” But we all stood up, clapped, and cheered because we know it’s so much more than that, as this poem by Barbara Frock makes clear:



CAROL BARRETT

What would RFSA do
without “our Carol”?
For sure we would operate
over the proverbial “barrel”!

She’s there for our questions,
our meetings—our “stuff”
She’s resilient, she’s cheerful,
sympathetic and tough!!

She’s reliable, dependable,
knowledgeable and more
As RFSA members, it is
hard to even the score!

To the scholarship fund,
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Our sponsors have been solicited because of their excellent reputations in selling the best goods and supplying the best service to customers. Most of them are family businesses that have been in our community for a long time. These are the families of the Covert Family (auto dealerships), the Strand Family (Stan’s A/C), the Ravel Family (Karavel Shoes), the Goff Family (Mr. Appliance), the Keld Family (The Bug Master), Sytha Minter (Real Estate), and the Fish Family (Weed-Corley-Fish Funeral Homes). The others, 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, and the Westminster Retirement Community.

When you need goods and services that our sponsors offer, we ask that you contact them and give them an opportunity to help you with your needs. We are sure that it will be a win-win-win situation for you, for them, and for our association. Their sponsorship helps us to keep our membership dues at a low price and also helps to contribute to scholarships for UT students. When you use them, please let them know that you belong to our organization, and that we appreciate their support. We thank you for considering their goods and services and using them.

—*Cecil Martinez*

SILVERSNEAKERS STORIES



Nancy Payne on the leg press at 24 Hour Fitness

Over the summer I asked members to share their stories about how they were getting healthier, stronger, more positive, saving money and whatever other benefits had come into their lives as a result of SilverSneakers. One member used the opportunity to join Gold’s Gym in Bee Cave and has been working out there ever since.

One of my friends, who due to physical limitations cannot make it to Deep Eddy for her beloved daily swim, was elated to discover a very fine pool at LA Fitness, just minutes from her home, and at no cost at all. She is able to maintain her fitness level and has even given the treadmill a try. I have started interval training and upped my cardio workout because the stationary bikes in my new (and free!) gym are so much better. I have added 5-10 pounds to the weight machines I use and have learned three new ones since starting at LAF.

Mary Kay Hemenway reports that she joined SilverSneakers when it first came out, but had not actually tried to use it until recently. After looking over the offerings at the Austin area locations, she chose 24 Hour Fitness on Research because they have a water exercise class at times that worked for her. She has found both the instructors to be very good and the parking situation vastly improved from her previous workout location at Gregory Gym.

Nancy Payne (see photo) finds the leg press especially helpful to strengthen leg muscles and the indoor track a welcome experience over a neighborhood walk in the Texas heat.

Yvonne Munn says that SilverSneakers was the right benefit at the right time for her. She had a hip replacement and ongoing arthritis, so her efforts to get back in shape after caring for her mother and her estate were particularly

challenging. She had tried various exercise programs (video mostly, some yoga, some walking) but results were slow. She finally visited a qualifying gym with pools, planning to get back to swimming. Instead she signed up for a trainer who has given her progressive movement exercises that she can do at home (not equipment based; hand weights optional since she can do that at the gym). She reports that her muscle strength is returning gradually and steadily. Her increased energy level has improved so much that she is able to do things that wore her out before so that she can look forward to a longer and healthier life! She figures the extra cost for the trainer comes out of what she would have paid for a gym membership if she did not have SilverSneakers so it is a big win for her. Two members even told me that they would donate part of the money they saved by not having to pay for gym memberships to the RFSA scholarship fund!

So—if you haven’t yet taken advantage of this benefit offered by our UT insurance, I hope these stories will motivate you to lace up your gym shoes and make your own SilverSneakers story! Go to the website and message (March 1, 2016) from UT System announcing the FREE SilverSneakers program available to UT retirees, spouses and surviving spouses over 50 and covered with UT insurance, at www.utsystem.edu/offices/employee-benefits/blog/16mar_well

If you have problems accessing the benefit, contact Elizabeth Matthews, UT System Living Well Program Coordinator, at: livingwell@utsystem.edu or SilverSneakers at www.silversneakers.com or 1-888-423-4362. Happy Sneaking!

—*Linda Peterson*



SPOTLIGHT ON HEALTH BENEFITS

In addition to SilverSneakers, the University of Texas System Office of Employee Benefits through its Living Well Program now offers the Naturally Slim program to

RFSA UPDATES

all employees, retirees, spouses and dependents age 18 and above who are UT SELECT Medical plan members. So in addition to getting fit through exercise you now have the chance to learn how to eat to reduce your odds of getting a serious condition like diabetes or heart disease, and to increase your chance for living a longer, healthier life. And it claims to do this without starving or counting calories! RFSA members with questions about this program can contact the Naturally Slim Customer Service Team at info@naturallyslim.com.

RFSA OUTREACH

Health and Lifestyle Expos

RFSA was represented at both UT Austin 2016 Health and Lifestyle Expos on the main campus and at the Pickle campus. On July 21, 2016 from 10am to 3pm, Cecil Martinez, Peggy Mueller, Bob Norwood, Nancy Payne and Linda Peterson talked with many current and a few retired UT employees about the benefits of joining and participating in the Retired Faculty-Staff Association. This Expo is held in one of the large gyms in Gregory Gymnasium (GRE). Other campus organizations, benefits vendors, UT and UT System benefits

personnel, other commercial businesses and organizations also displayed materials, distributed "swag" and visited with individuals. We gave out our RFSA brochure (sites.utexas.edu/rfsa/brochure/), copies of our magazine (sites.utexas.edu/rfsa/magazine/) and peppermints. Our table was next to a pet therapy group and we enjoyed watching and interacting with a huge Newfoundland, several standard poodles and golden retrievers (not all at the same time).

On October 14, 2016 RFSA members Peggy Kruger, Linda Peterson, and Mike and Marcia Arn staffed a booth at a very special place—UT's J. J. Pickle Research Campus. The event was again the Health and Lifestyle Expo, but Pickle style (much less formal, lots of scientists and support staff). Mike Arn in particular was right at home, having worked there for many years. He even did outreach to locations other than the booth in the Commons, visiting the offices and work places of former colleagues and people he had hired before he moved to UT's main campus.

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RFSA Awards \$50,000 in Scholarships to 20 UT Students

Thanks to your continuing generosity over the years, we are very pleased to announce that this year, RFSA is awarding a total of \$50,000 in scholarships to 20 accomplished UT students! Each student is selected by the Office of Student Financial Services on the basis of academic merit and financial need and will receive \$2,500 for the year. RFSA has been awarding

Our 2016-17 RFSA recipients are:

- Julissa Castilleja**, Junior, Biochemistry
- Hannah Cruz**, Junior, Advertising
- Manuel Diaz**, Senior, Physics/Mathematics
- Tarek El-Affi, Senior**, Architectural Engineering/Engineering Honors
- Jacqueline Falcon**, Senior, Human Development/Family Sciences
- Jessica Goldwater**, Senior, Professions Non-Science
- Anna Hiran**, Senior, Finance/Business Honors
- Nicholas Kao**, Senior, Dance
- Daniel Kim**, Sophomore, Chemical Engineering
- Roger Lam**, Senior, Marketing
- Emily Pham Nguyen**, Junior, English/Plan I Honors/Mathematics (BSA)

This year we asked scholarship recipients to respond to these questions:

- What does receiving a scholarship mean to you?
- Outside of class what are your interests – hobbies, volunteer work, etc.?
- If you had two extra hours in a day what would you do?

Following are summaries and a few samples from their

these scholarships every year since 1988, but this was a banner year for our program, and we expect it to continue to grow. These scholarships are funded by the earnings of an endowment with a market value of \$680,122 (as of 6/30/2016). Available income from that fund varies, depending on prevailing interest rates and market conditions.

- Kaylen Parker**, Senior, Architecture/Interior Design
- Priyanka Patel**, Junior, Biology (BSA)/Allied Health Professions
- Jailyn Peña**, Junior, Linguistics/Asian Cultures and Languages
- Paola Piña**, Senior, Ethnic Studies (Mexican American)/Government
- Maria Rodriguez**, Senior, Nursing
- Mark Teffeteller**, Junior, Management Information Systems
- Vincent Truong**, Sophomore, Neuroscience, Entry-Level
- Jasmine Valencia**, Sophomore, Journalism
- Erinn Wright**, Senior, Marketing

amazing and inspirational responses.

With regard to the meaning of the scholarship, many recipients cited relief from financial pressure on their parents and themselves and an indication that someone believed in them enough to support them as they work toward their goals in life. Jessica Goldwater said, “This scholarship means that I am one step closer to realizing my dream of

completing my pre-medical degree at the University of Texas at Austin. Without scholarship patrons willing to support medical education, students such as myself would be unable to pursue advanced health care degrees. I look forward to a long career providing OB/GYN healthcare to underserved communities in Texas.” For Jacqueline Falcon, “Getting a scholarship means that someone out in the world had faith in me and my abilities to conquer my challenges and put the scholarship to good use.” And to Jailyn Peña, “The support this scholarship represents from retired UT Faculty and Staff inspires me to continue to strive for excellence in my academic career.”

Outside of class, many in this outstanding group of young people cited volunteering, whether at the Austin Animal Shelter, in nursing homes, or

with children in the community. One served as an intern at the State Capitol and another enjoys cooking for family and friends, while a third works part time as a pharmacy technician. Going to the movies was also mentioned, as were practicing martial arts, playing soccer and dancing.

Two extra hours per day for this group meant spending more time with family and friends, reading for pleasure, and—not surprisingly—sleeping. As Hannah Cruz put it, “In all honesty, if I had two extra hours in a day, I think I would use that time to sleep! The joke that college students never sleep is real and I would just love to have a little more of this luxury.”

For photos and complete texts of the responses see the RFSA website at sites.utexas.edu/rfsa/meet-our-2016-

scholarship-recipients.

In addition to undesignated donations, the scholarship endowment benefits from gifts made in memory or honor of family, friends and colleagues; in celebration of particular events; and estate donations. Please consider making a contribution to the scholarship fund—it will make a difference in a student’s life!

Contributions, made payable to “The University of Texas at Austin”, may be mailed to: Carol Barrett, RFSA Coordinator, Texas Exes, P.O. Box 7278, Austin, TX 78713. Or to donate online, go to: giving.utexas.edu/RFSA2012 and complete the information requested. If you are donating in honor or memory of a person or event, write that information in the “notes” section.

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Best of EASTERN CANADA

by Carol Kay Johnson

RFSA travelers escaped Austin in August with passports in hand to experience the sights, sounds and culture of Eastern Canada. We flew into Montreal, a city with the largest French speaking population outside of France. This cosmopolitan city is home to 172 different nationalities that speak 123 languages and is the financial center for the province of Quebec. Our city tour took us by the Catholic cemetery dating from 1642 to the top of Mount Royal where the vista included a view of the 1976 Olympic pavilion in the distance. Most residents rent their homes and walking the downtown streets, it was fascinating to see how they built up and around 18th century buildings, leaving the original outside walls still visible. People eat locally, going to the market daily. The area produces 360 varieties of cheese and 120 varieties of apples.

Boarding the bus, we traveled east to Quebec City, located on the bluffs overlooking the St. Lawrence River. The city serves as the political and legislative capital of the province of Quebec. We had a fascinating walking tour of Old Town—the only walled city north of Mexico. The



Chateau Frontenac, Old Quebec City

architecture, art, magnificent floral displays, cobblestone streets, and quaint shops created a palette of visual interest as the guide introduced us to Quebec City and its history. Breakfast was an experience in an authentic sugar shack where we learned about maple syrup production and the lore that accompanied it. A short ride away was spectacular Montmorency Falls—where the Montmorency River plunges 272 feet off the Canadian Shield. The waterfall is magnificent and is one and a half times higher than Niagara Falls. Next stop was the Albert Gilles Copper Museum, a fascinating museum still run by the women of the Gilles family who carry on the disappearing art of copper embossing and repoussé. It was a

perfect introduction to our last stop of the day—the Basilica of Saint Anne-de-Beaupre, because Mr. Gilles designed the magnificent copper doors at the entrance.

The next day it was time to start back west across Canada to Ottawa, the nation's capital, located in the province of Ontario.

Parliament Hill takes on a stately look, with its many copper roofed government buildings. The Rideau Canal that we crossed takes on a different look in the winter and becomes the world's longest skating rink! After our driving tour past the highlights of the city, we stopped at the Byward Market to stretch our legs, experience some of the culture and sample a special Canadian tradition—the Beavertail—a handmade pastry served with a variety of toppings!

Next morning, we boarded the bus again—destination Toronto! We had one spectacular adventure along the way—a cruise on the Lake of 1000 Islands. We boarded the boat in Rockport and learned that to be designated an island, a piece of land must stay above water 365 days a year and support one living tree; there are 1,864 islands in the lake that meet that requirement. The border between Canada and the United States wanders through the waters. Zavikon Island, one of the most photographed islands in the region, is said to have the shortest international bridge in the world. Locals claim that the larger island is in Canadian waters and the smaller island is in the United States. Thousand Island dressing is said to have its origins

in this region, but whether it was from George Boldt, owner of the Waldorf Astoria who built Boldt Castle on Hart Island, or from Allen Benas, a local fisherman, who found the recipe in a safe after he bought Thousand Islands Inn, is a matter for conjecture. In any case, people have enjoyed Thousand Island Dressing for years.

The cruise was all too short, but Toronto was our destination,



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so we boarded the bus, continuing our westward journey. We could see the CN Tower for miles before arriving in Toronto. The last day of our Canadian adventure came all too soon – destination Niagara Falls on the border between the United States and Canada. Horseshoe Falls is on the Canadian side, and we could look across to see the American Falls and Bridal Veil Falls on the United States side. The falls were formed by a retreating glacier 12,000 years ago. Horseshoe Falls measures 177’ high and 2,215’ wide. We got up close and personal with the Falls experience as we boarded the Hornblower Niagara Thunder. We donned ponchos and before long were feeling the mist as we neared the American and Bridal Veil Falls and could see the yellow ponchos of folks on the US side as they walked down the stairs through the mist or were standing above on the bridge over the Falls. Experiencing the power of the falls first-hand is an exhilarating experience that ended all too soon, and we were back on dry land. Our last stop was Niagara-on-the-Lake, a quaint well-preserved town that was the first capital of Upper Canada. We strolled the streets, sampled one last time COW ice

cream that rivals Blue Bell, and enjoyed the many luxuriantly blooming planters that lined the street. One more time we boarded the bus and travelled back to Toronto with many experiences to chat about at our farewell dinner. All good things must come to an end, and we had plenty to dream about aboard the Air Canada flight back to Austin.



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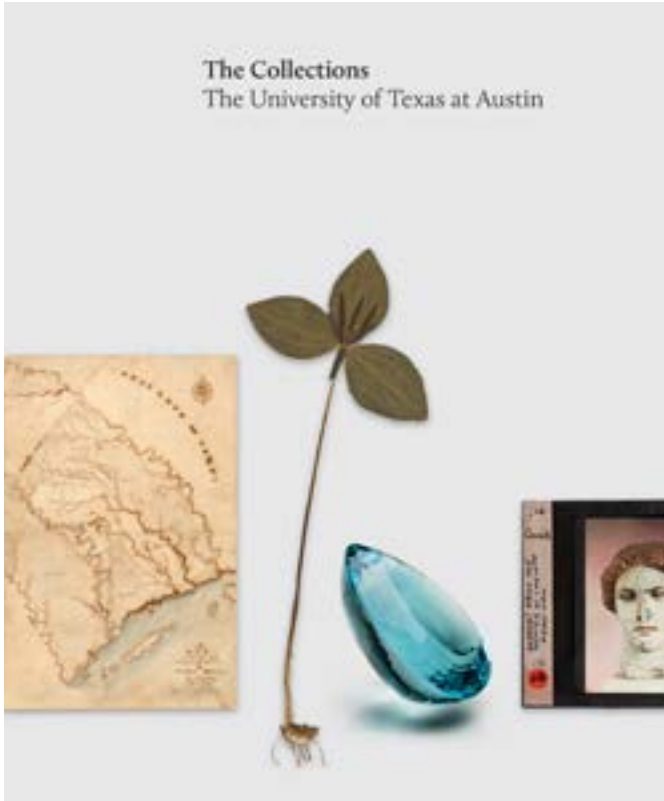
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The Collections: The University of Texas at Austin

This article is the first in an ongoing series your editor is calling FIRST CLASS ASSETS: An introduction to some components of UT that make it great. If you have nominations for future articles, please let me know.

This year the University of Texas Press published a significant and substantial (weighing in at about 12 pounds) book about the collections of manuscripts, objects, relics, plant specimens and much more in over 80 collections encompassing 120 million items. It introduces us to some eighty discrete collections by outlining their histories, highlighting their strengths, and suggesting their educational functions. In addition to its comprehensive survey, the book includes 807 spectacular color plates and 117 black and white photos. If you take time—a few hours or a few days—to look at this book I guarantee that you will be even more proud of our great university than you already are. In addition to the well-known major repositories at the HRC, Briscoe Center for American History, and Blanton Museum, are many hidden or little-known troves of unique specimens; truly, as with UT itself, there is something for everyone.

Of particular interests to UT grads as well as faculty and staff is the Briscoe Center’s University of Texas Archives, which include the non-current, historically valuable official records of the University of Texas at Austin and the UT System administration; the personal and professional papers of significant UT administrators, faculty, and staff; and other materials in a variety of formats which document the history and development of the institution. Those with a more scientific bent will marvel at the dried plant specimens from the Plant Resources Center in the College of Natural Sciences, the lovely butterflies from the Texas Natural Science Center, and the translucent blocks from the UT Co-op Materials Research Center; students of material culture, quilt makers and fiber artists will enjoy the Joyce Gross Quilt Collection at the Briscoe Center; photography enthusiasts can start their journey through photo history with a chromatype from the HRC’s comprehensive photography collection; anthropologists and students of classics will find the Canopic Jar from the Classics Collection at the College of Liberal Arts a revelation. Art lovers may favor the Blanton, HRC, Landmarks and lesser know Law Library and drama department riches, but who knows—readers on both sides of the fence may be tempted to cross over and spread their wings in a new environment. Every repository from the old computer labs to the Pickle campus, with special emphasis on the usual suspects—Ransom Center and Briscoe Center, yields surprises at the extent of some of the individual collections.



This book is quite simply a breathtaking achievement. Even if you only look at the illustrations you will have a superlative experience of both the bookmakers’ art and eye candy in every possible flavor. Copies are available at UT Press, and we have at least one copy available for RFSA members to peruse at the Texas Exes office. You can order your own copy at: www.utexaspress.com/index.php/books/bober-the-collections.

—Linda Peterson

The Collections: The University of Texas at Austin
Ed. André Bober. UT Press 2016; Hardcover, \$125.00 (with website discount \$83.75)

Facing page: 1. Kathleen H. McCrady Quilt History Collection, e_wqh_0558, Dolph Briscoe Center for American History 2. First Diploma awarded by UT, Samuel Clark Red Papers, di_I0727, Dolph Briscoe Center for American History 3. Robert Hunt, Leaves, ca. 1842. Chromatype, Photography, Harry Ransom Center 4. Dried plant specimen Trillium gracile, Plant Resources Center, College of Natural Sciences 5. Blue Canopic jar bearing the baboon head of the god Hapi, Late Period (664 BCE-332 BCE), Egypt, Classics, College of Liberal Arts 6. Solid surface translucent sheet material made from partially recycled acrylic, 3-Form, Inc., University Co-op Materials Resource Center 7. Cramer’s eighty-eight (Diaethria clymena), Texas Natural Science Center



This column honors the memory of active and retired University of Texas at Austin and University of Texas System faculty and staff who have died. 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 bfrock@austin.rr.com.

Mary Louise Adams, FNP, RN, PhD, 74
Associate Professor, Clinical Nursing, and Director, Family Nurse Practitioner Program
October 16, 2016

Thomas Wynn Anderson, 93
UT Carillonneur
August 18, 2016

Professor Hans Baade, 86
Professor Emeritus, Albert Sidney Burleson Professor of Law, Hugh Lamar Stone Chair in Civil Law
September 14, 2016

Fran Bard, 79
Wife of Allen Bard, Hackerman-Welch Regents Chair Professor in Chemistry
August 17, 2016

Marjorie Pierce Wood Beard, 91
Widow of Leo Roy Beard, Professor Emeritus in Civil Engineering
May 7, 2016

Joseph Boggins, 87
Widower of Mel Boggins, Director of Career Services, UT School of Information
June 17, 2016

Barbara Jane Brown, 66
Administrative Associate, Development Office
July 18, 2016

James R. Buchanan, 87
Drafting Technician II, Bureau of Business Research
October 2016

Karl W. Butzer, 81
Raymond Dixon Centennial Professor of Geography
May 4, 2016

Dr. Loftus C. Carson II, 70
Ronald C. Krist Professor in Law
July 2016

Elliott Ward Cheney Jr., 87
Professor Emeritus, Mathematics
July 13, 2016

Thomas Porter Denton, 75
Librarian, Philosophy Department
March 25, 2016

Timothy Ann Hardy Sloan Dinino, 79
Widow of Vincent R. Dinino, Director Emeritus of the UT Longhorn Band, and Professor Emeritus, Music Department
July 31, 2016

Donna Proffitt Edgar, 71
Social Sciences/Humanities Research Associate, Dept. of Educational Psychology
June 13, 2016

Thomas G. Edwards Jr., 79
Superintendent of Custodial Services, Physical Plant
September 7, 2016

Marjorie Thomas Folk, 90
Wife of Robert L. Folk, Professor Emeritus, Geological Sciences
September 16, 2016

Dr. Otto M. Friedrich Jr., 77
Lecturer, Department of Electrical and Computer Engineering
August 16, 2016

James Eldridge Gardner Jr., 82
Technical staff, Department of Chemistry and Biochemistry

Dr. Charles Henry Griffin, 94
Professor Emeritus of Accounting
July 29, 2016

James Alfred Michael Hitt, PhD, 88
Professor Emeritus, Classics
May 11, 2016

Dr. Martin P. A. Jackson
Senior Research Scientist, Bureau of Economic Geology
May 31, 2016

Dr. Allen Madison Johnson, 75
Senior Lecturer, Department of Electrical and Computer Engineering
October 11, 2016

William Dean Justice, 88
Director of the Frank Erwin Center
October 29, 2016

Dr. Joseph F. Malina, 80
C.W. Cook Professor Emeritus in Environmental Engineering, Department of Civil, Architectural and Environmental Engineering
June 14, 2016

Norman Martin, 92
Professor Emeritus of Philosophy and Computer Science
July 3, 2016

Joseph Matluck, 98
Professor Emeritus, Department of Spanish and Portuguese
June 14, 2016

Janice Evelyn May, 93
Professor Emeritus, Government Department, and widow of Francis May, Professor Emeritus of Statistics
July 10, 2016

Robert Meckel, 67
Director, Office of Public Affairs
August 1, 2016

Cynthia Phyllis Merritt, 74
Staff, School of Architecture
October 15, 2016

Dr. Alvin "Al" Meyer, 79
Associate Dean for Student Affairs, College of Engineering
September 22, 2016

Bonnie Cmerek Montgomery, 69
Executive Assistant, History Department
August 23, 2016

James "Jimmy" Wilson Morgan, 91
Advertising Manager, Daily Texan
June 25, 2016

Freeda Nash, 91
Executive Assistant to the Chair, Music Department
May 22, 2016

Terri Elizabeth Neubert, 55
Wife of retired Professor David Neubert, Music Department
April 8, 2016

Myron Philip "Rusty" Osborne, 64
Staff, Utilities and Energy Management Division
June 8, 2016

Carolyn Jean Rogers, 65
Librarian
April 21, 2016

Douglass Marcel Rogers, 90
Associate Professor Emeritus, Department of Spanish and Portuguese
August 11, 2016

Judith Ann Stockton (nee West), 85
Assistant Editor, Registrar's Office
June 26, 2016

Edith Calder Taborsky, 96
Instructor in Slavic Languages and widow of Edward Calder, Professor Emeritus, Government Department
August 27, 2016

Claire Ellen Weinstein, 69
Professor Emeritus, Educational Psychology
June 23, 2016

Col. Joe C. Williams, 85
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The RFSA provides a wide range of activities designed to enrich the retirement experiences of its members. In addition, it serves as a mechanism for advising UT officials about the suitability of current retirement benefits. A complete statement of the purposes of the association can be found in the constitution. *Submissions may be emailed to: lp78757@gmail.com or mailed to Carol Barrett, RFSA Coordinator, Texas Exes | P.O. Box 7278 | Austin, TX 78713*

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