

RFSA MAGAZINE

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



**FOODIES PICK THEIR
FAVORITES**

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SPRING 2019

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Cover photo: UT Tower Reflected in Turtle Pond, by Belinda Gonzalez Lehmkuhle

Back cover photo: Turtle sunning in turtle pond, by Marsha Miller

Next page photo: Harry Ransom Center, by Marsha Miller

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A MESSAGE FROM THE PRESIDENT



► Some people get excited about football. I get excited about scholarships! Don't get me wrong, I root for the home team and hope the Longhorns bring home a victory on the playing field. But what really fires me up is the prospect of student scholarships and the RFSA Scholarship Fund, in particular. The motto of our university is "What starts here changes the world." There is no doubt in my mind that the research, service and teaching/learning of individuals on the UT campus have far-reaching and beneficial impact on the community at large.

As a young student in my hometown of San Antonio, Texas, I loved school. I enjoyed almost everything about school – the challenge of geometry and algebra, the study of Latin, the friends I made participating in student government, the social scene around the football games. I'll admit history was my least favorite class. My parents were very strong supporters of college education even though neither of them had graduated from high school. Their encouragement to do well scholastically was critical in my ambition to attend college. Like many families of the time, my dad was the only wage-earner in our family of three children. So, even though I was making great grades and wanted to go attend college, the big question

remained...HOW would I pay for it? After much discussion, deliberation, and application-writing, a partial answer came in the form of a scholarship. In part due to scholarships, I was able to attend St. Edward's University for undergraduate and The University of Texas at Austin for graduate school.

I'm sure you know young people today who are asking themselves the same question I asked...HOW am I going to pay for college? A quick internet search reveals the average annual in-state tuition in Texas was \$10,584 for the 2017-18 academic year; totaling \$42,336 for four years. In addition, students may need to pay room and board which can add substantially to college costs. Just think about the cost of living in Austin and how that impacts a student's college budget. One result is more people are leaving college with an increasing amount of debt. In 2018, one in four American adults were paying off student loans. Collectively, these Americans hold nearly \$1.5 trillion in student loans. The consequences occur for both individuals and communities when people are delaying the purchase of homes and development of small businesses: communities experience less investment. Coincidentally, I'm reading The Common Good by Robert C. Reich. In his book Reich demonstrates the existence of a common good and argues that it is this that defines a society or a nation. I believe that scholarships contribute to our common good.

Bragging rights go to all who have ever contributed to the RFSA Scholarship Fund. Our endowment recently topped \$1 million. Congratulations to all donors and awardees! Here's the website if you would like to learn more about the RFSA Scholarship Fund and make a contribution: sites.utexas.edu/rfsa/scholarship-fund

RUTH RUBIO
President, 2018-19

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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MEMBER SPOTLIGHT

SYBIL AND KEITH MOMII



Keith and Sybil Momii at the RFSA Spring Luncheon

We wanted to learn more about RFSA member Sybil Momii and her husband Keith, so we just asked!

► Where did you grow up?

Sybil: I was born at the 'old' Seton hospital near the UT campus. My two children were also born at Seton and my oldest daughter and I were born in the same room! I grew up in northeast Austin and went to Harris elementary school, Pearce JHS and Reagan High School, where I was on the drill team. I have lived in the Austin metroplex area for most of my life, except for about 14 years in Houston. I met my wonderful husband Keith while working at UT Medical Branch in Galveston and we have been happily married for 20+ years. We live in southwest Austin in Circle C and love

our wonderful community.

Keith: I was born and raised in Denver, Colorado.

Tell us about your family.

Sybil: My grandparents moved to Austin from Hillsboro in the 1930's and had a small boarding house at Duval and 38th St. My father worked for UT Athletics part time and his cousin was the caretaker of Memorial Stadium, living in a small home on the stadium grounds. We have four generations of women who graduated from The University of Texas at Austin (my great-aunt, aunt, myself and my daughter). Since we have seven grandchildren, we hope to have a new generation of UT graduates someday. My two married daughters living in Austin, Cristina Feldott (husband Bill, who works at UT Austin) and Jessica Wright (husband Kevin) have blessed us with five beautiful grandchildren.

MEMBER SPOTLIGHT

SYBIL AND KEITH MOMII

Keith: My grandparents immigrated from Japan during the 1920's and settled in Los Angeles. During WW II, their business and home were lost when the US government (FBI) forcibly relocated them to the Amache Internment Camp in Lamar, Colorado. My mother and uncle graduated from the Internment Camp high school. My father served in the US Army with the Japanese-American unit, the highly decorated 442nd Regiment. He attended medical school at Colorado University and practiced general medicine in Denver for 50+ years. My brother is a physician (Interventional Radiologist) in Las Vegas, Nevada, and my nephew is a medical resident MD in Neurology at Cedars Sinai Hospital in Los Angeles, California. I have a sister in Galveston who is married to a Respiratory Therapist. Interestingly, none of our kids work in healthcare! My daughter lives in Kyle with her husband and two adorable young daughters, and my son lives in Los Angeles.

Talk about your careers.

Sybil: I graduated from UT Austin School of Nursing with a BSN and UTMB School of Biomedical Sciences with an MSN. My clinical specialties included maternity and neonatal nursing, nutrition support and central line/PICC team. I had the privilege of being the Assistant Director of Nursing and Hospital Administrator for UTMB Austin Women's Hospital. I retired from The University of Texas at Austin as a Clinical Instructor in Maternity Nursing and loved teaching our amazingly talented undergraduate and graduate nursing students. I was also very active in AWHONN (the Association of Women's Health, Obstetric and Neonatal Nurses) as the Austin chapter leader and the Texas Section's Legislative representative. I still teach CPR classes for the American Heart Association as a community service.

Keith: I graduated from Colorado University with a BA in Biology. During my service in the US Army, I graduated from Pepperdine University (MA in Human Resources Management) and later from Emory University (Masters Medical Science, Physician Assistant in Intensive Respiratory Care). I retired from the US Army Reserves as an MSG. I met my wife in Galveston while working as a Respiratory Therapist in the ICUs at the University of Texas Medical Branch. I moved to Austin in 2004 and worked in Medical Sales and at Seton Medical Center before retirement.

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

Sybil: Now that we are retired, we love to travel and spend time with our friends and family. Last summer we took a cruise to Alaska, this year we are headed to Italy in the fall and in 2020 we are taking a cruise around the British Isles. We also go to Colorado, California, Florida, Utah and South Carolina on a regular basis with dear friends. Our other hobbies include Zumba, Yoga and listening to live music and attending UT Football games. I am a Life Member of the UT Alumni Association.

Keith: Same as Sybil, plus I enjoy golf.

Being a member of Foodies, we know you enjoy unusual and great food. Do you cook or like to cook? If so, what's one of your favorite dishes?

Sybil: I greatly enjoy being member of the UT RFSA and the Foodies group. At home we enjoy grilling on the patio, including steaks and seafood. We tend to gravitate toward the same familiar restaurants, but the Foodies have introduced us to some fantastic new restaurants which have expanded our horizons and palates. The Foodies are a lively, interesting and accomplished group of people and we enjoy getting to know them better.

Keith: I enjoy meeting new people, trying out unique and unusual menu items, and discovering new restaurants. My friends enjoy my homemade sushi dishes, including my specialties such as Futomaki, Inari, Chicken Teriyaki, fresh steamed lobster and Miso soup. Our guests are always greeted at the door with the traditional hot sake toast, "Kanpai!", which wishes them good health.

What's the best thing about being a member of RFSA?

Sybil: The UT RFSA has a wealth of activities for us to explore and we hope to go on a trip with the Travel group in the near future and attend some of the discussion groups. I have also met some other native Austinites, a rare breed indeed, and have enjoyed sharing stories about growing up in Austin.

This new feature in our RFSA Magazine will introduce you to other members you might not have met yet. If you have suggestions for future "Spotlights", please contact magazine editor Donna Bellinghausen at donnabell1015@gmail.com

ORGANIZATION UPDATES

The UT Retired Faculty-Staff Association is constantly evolving to better meet the needs of our membership and effectiveness of our organization. Here are some recent changes and future possibilities.

ACTIVITY CALENDAR

► Technology has changed almost everything in our lives, including the way we manage our calendars. RFSA has maintained an Activity Calendar for years, but email updates on upcoming events have made our semester-long calendar less critical. Our website will continue to have an events calendar based on information provided by Board members. Barbara and George Frock have served as our Activity Calendar Editors and we appreciate all their work – and are so pleased that they will continue their service on the RFSA Board by serving as the organization's Historians.

INTEREST GROUPS

► Three of our Interest Groups – Discussion, Finance/Investments and Health – have traditionally held monthly meetings featuring a guest speaker. These groups have decided to merge into a Speaker's Series, maintaining the monthly speaker format, but expanding the opportunities for topics. Board members Phil Kelton, Cecil Martinez, Linda Millstone and Alice Reinarz have agreed to serve as organizers for this new group, and plan to begin the Speaker's Series in Fall, 2019.

SOLAR INFORMATION

If you are an Austin Energy customer, you are eligible for a rebate if you decide to go solar. Perhaps you have been curious about solar options. Austin Energy has an online Solar Education course that provides knowledge and tips to have a positive solar shopping experience. Find out what solar option works best for you and learn about how to earn a \$2500 rebate at AustinEnergy.com/go/solar101. This website is also available in Spanish at AustinEnergy.com/go/solar101es.



UT SYSTEM REPRESENTATION

► RFSA membership consists primarily of retirees and their spouses from UT Austin, but we also have a number of members who have retired from the UT System. In order to better represent our UT System members, RFSA is considering adding a fourth "Member at Large" who is a UT System retiree. We will keep our membership posted as this develops.

Please contact any of our Board members if you have feedback or suggestions on ways we can better serve you.



Bridge players John Lacy, Kathey Ferland and Kay Knutsen, with Phil Kelton in the background.

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

DISCUSSION

► The Discussion Group offers dialogue opportunities for RFSA members. We meet at 1:30 on the first Wednesday of the month during spring and fall. Our sessions take place at the Austin Public Library Howson Branch, 2500 Exposition. This spring's speakers were chosen to present on topics of interest to a general audience. Meetings were informal with lots of questions and comments from the audience. Current chair of the group, Alice Reinarz (areinarz@tamu.edu) encourages all RFSA members to suggest topics or names of future speakers.

The initial topic during the spring was traffic and transportation issues in Austin and Central Texas. This issue was chosen because so many Austinites, including

INTEREST GROUPS



Rep. Gina Hinojosa speaks about education at the Discussion group meeting.

RFSA members, are frustrated by, and enjoy complaining about, traffic delays. The speaker was Dr. Randy Machemehl, UT Professor of Civil Engineering. He and his colleagues have done significant studies, sponsored by state and local authorities, to provide analysis and insights on transportation and traffic patterns. His presentation demonstrated both progress and continuing concerns. While not offering a panacea, his comments showed valuable perspective.

Because of the stated goal of the 2019 Texas Legislature to emphasize public school and education issues, Discussion Group hosted Representative Gina Hinojosa from Texas House District 49. Representative Hinojosa has experience and particular interest in public school finance and other current concerns. Despite her heavy schedule during the session, she presented insights on these essential topics and possible outcomes of legislative action.

These topics are examples of the interesting, and fun, conversations during RFSA Discussion Group. Suggestions from members for future presentations are always welcome. For more information, contact Alice Reinarz, areinarz@tamu.edu

EXERCISE

► The Exercise group meets in Gregory Gym (the north studio on the first floor) from 8:30 to 9:30 on Tuesdays and Thursdays. To participate, you need to join Rec Sports; there

INTEREST GROUPS



Ron Massey works out in Exercise group

is a 50% discount for retirees. Experienced exercise instructors Helen Scaffa and Sandy Erickson 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, thera-bands and BOSU balls. We have men and women members of a wide range of fitness levels. Our instructors can adapt the exercises for anyone with special needs. This is a small, friendly group that welcomes new members. If you are a person who has resisted caring for your physical needs, come and check us out. Do not be intimidated. If you aren't a member of Rec Sports, you can join at their office just inside the entrance to Gregory Gym. Or you can buy a one-time pass for \$12 and try out the class before deciding whether to join. The pass will also admit you to all Rec Sports facilities for that day.

For more information, contact one of the co-chairs: Carolyn Wylie, 512-453-2556, cateswylie@gmail.com Rezala "Rosie" Maamar, 512-451-6798, rezlmt@gmail.com.



Karen Kelton, JoAnna Rollings and Jean Harrison visit during a Foodies gathering at the Peached Tortilla.

FOODIES

► This spring semester has found the Foodies group enjoying several Austin restaurants.

In January we visited one of Austin's favorites for breakfast, Kerbey Lane Cafe. Yes, we ate pancakes—some think these are the best in the city—bacon, eggs prepared several different ways and drank lots of coffee.

In February we gathered at a new interior Mexican restaurant in Northwest Hills, Cielo Bistro Mexico. We numbered 20, one of the largest groups we have had for a meal. We ate queso asado—a mixture of broiled Oaxaca and Asadero cheese topped with rajas cajeta walnuts and served with freshly-made tortillas; ceviche with redfish; braised duck confit enchiladas with mole poblano; and Pepita Crusted Redfish with mango habanero butter and tomatillo & guajillo chiles. For dessert, some ate ice cream sundaes while others enjoyed the coconut flan. A great substitution for Tex-Mex.

Intero, a contemporary Italian restaurant, is rated as one of Texas Monthly's 10 best restaurants in Texas and 13 of us gathered there on a Wednesday night in March. Oh my, we ate some wonderful food and the perfect accommodation – we had our own private room so we could laugh and be loud and not be concerned that we were bothering other diners. The crispy Brussel sprouts with citrus, caramel, buttermilk, and spiced almonds were not only yummy, they were "good" for us,

INTEREST GROUPS

too. The risotto with seared duck breast, fontina, spiced beets and cabbage and the gnocchi with aged veal sausage, chile, broccoli, pine nuts and mint are but two of the entrees we enjoyed. Intero has a chocolate bar and it didn't disappoint as we savored the salted caramel, chocolate caramel and classic coconut truffles. MMMMM good!

April brought spring fever and two more outings. We all have our favorite pizza spots so selecting one for us to try was somewhat difficult. But 40 North is now a brick and mortar, having previously been a trailer. They serve Neopolitan pizza, the tastiest fried chicken breast sandwich in town, great burgers and Bibb lettuce salads that were not only healthy but were crisp and flavorful. We also tried another restaurant that started as a food truck, Peached Tortilla. They describe it as simple southern comfort food with an Asian flair. It was unique and delicious and most of us declared we will return.

I have mentioned in the past that our gatherings are not just about food but about getting to know each other and sharing some of our experiences. At 40 North, Tany Norwood and Sybil Momii discovered that they had both graduated from Reagan High School here in Austin only one year apart and they had lived only one block apart while growing up. Trite, but true... it is a small world!

If you would like to join the Foodies group, please email Sharon Justice at dsshj@austin.utexas.edu and she will put you on the list to receive invitations to outings.

FINANCE

► The RFSA Finance/Investment group meets five or six times per year on the second Monday of the month at 1:30 at the Howson Branch Library. Meetings are announced on the RFSA web site and via email to RFSA members. We have had three meetings in the first part of 2019.

Mr. Carl Stuart, Independent Financial Advisor, spoke on January 14. He reviewed the 2018 financial markets and gave a look forward to 2019. Carl is in his 25th year doing his financial radio call-in program on Saturday afternoons on KLBJ-AM radio.

On February 11, Mr. Dennis Hobbs, Financial Advisor at RBC Wealth Management, spoke on the outlook for the financial markets for 2019.



Chris Cybulski of Edward Jones, with Pauline Lopez, Phil Kelton and Lewis Myers

On April 8, Mr. Chris Cybulski of Edward Jones spoke and gave us an overview of the Lifetime Learning Institute's "Basics of Investing Workshop" that he teaches every spring and fall for LLI. This workshop is an 8-week course that provides an excellent introduction to finance for anyone interested in learning more in this area.

Finance/Investment co-chairs are:

Phil Kelton pwkkelton@gmail.com

Pauline Lopez psanlopez@yahoo.com

Lewis Myers lewism@stedwards.edu

HEALTH

► The Health Group meets at the Old Quarry Library six times a year on the third Mondays of September, October, November, February, March and April at 1:30 pm. We usually invite physicians associated with St. David's Health Care to come and talk to us about their medical specialties. St. David's is one of our sponsors and has been a great source to us in attracting excellent speakers.

The UT Human Resources Department has also been a good source of speakers in health-related topics such as caregiving, living well and the Silver Sneakers project.

The Retired Faculty-Staff Association is very interested in helping its retirees receive information to keep us enjoying our retirement in good health. We hope that you will take advantage of this free benefit given to us along with the great

INTEREST GROUPS



retirement and medical insurance benefits we are receiving from UT.

For any questions please feel free to contact Linda Millstone (lindamillstone@utexas.edu) and Cecil Martinez (cecil.martinez@sbcglobal.net), your co-chairs of The Health Interest Group.

On April 22, Nancy Walker spoke about healthcare directives and why they are a gift for your loved ones.



Group photo of travelers to Washington DC and Williamsburg, photographer unknown

TRAVEL

► The RFSA Travel Interest Group organizes and facilitates local, national and international tours for RFSA members and friends. This April the group visited Washington D.C. and Williamsburg.

RFSA Washington DC & Williamsburg trip April 11-17, 2019

Six seasoned and six first time RFSA travelers went on the Washington DC & Williamsburg trip April 11-17, along with ten other people and our guide. We missed the cherry blossoms by a week, but were not disappointed with the tulips, gorgeous pink blossom covered Saucer Magnolia trees, the Japanese Flowering Crabapples, Dogwoods and Redbuds in their glory in all the places we went.

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Iwo Jima memorial, photo by Marcia Arn



Powhatan woman, photo by Mike Arn



Powhatan home in Jamestown, photo by Mike Arn



Mt. Vernon, photo by Marcia Arn



Williamsburg fife and drums, photo by Marcia Arn



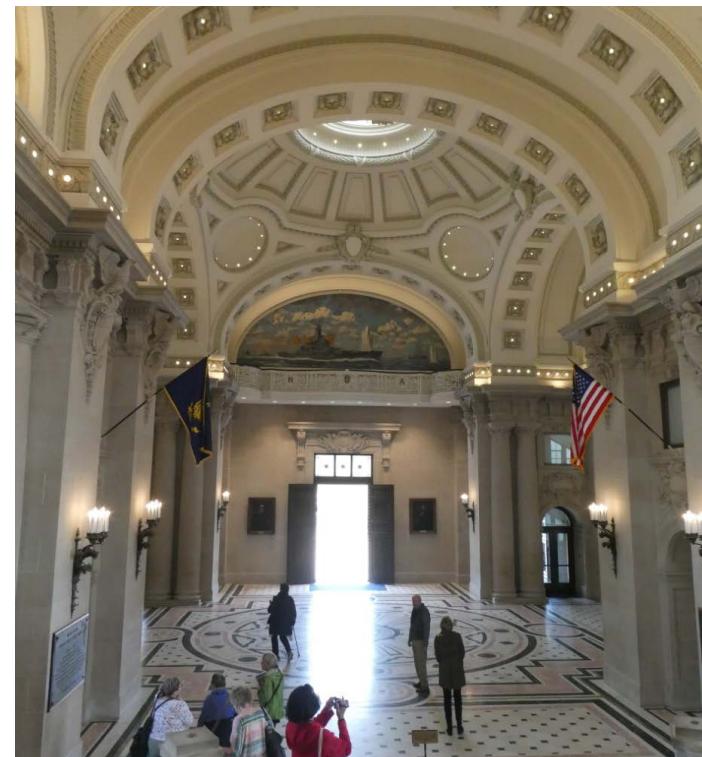
Women's Memorial, one with hand on wound, one watching for helicopter, photo by Marcia Arn

INTEREST GROUPS

In Annapolis we toured the impressive US Naval Academy, where plebes, midshipmen and others were busy. We saw some sports venues, several naval memorials, the largest torpedo encountered in WWII, which was Japanese, 29.5 feet long and 2 feet in diameter and more. We went into Dahlgren Hall, the Main Chapel and Bancroft Hall – the largest dorm in the US, with a beautiful interior and where the sarcophagus of John Paul Jones lies.

At the National Mall we had the choice of being dropped off at the National Museum of American History or the National Air & Space Museum for a few hours. That evening we ate at the very nice Old Ebbitt Grill, the oldest Washington DC saloon/restaurant, founded in 1856. We then walked a short way to see the White House from outside the closely guarded fencing. Protesters were present in that blocked off part of Pennsylvania Ave.

On the 13th, we went to Arlington Cemetery and toured it on a tram, getting off at the JFK gravesite and at the Tomb of the Unknown Soldier where we witnessed the detailed changing of the guard. All the small military markers are in perfect



US Naval Academy, Bancroft Hall, photo by Marcia Arn

straight rows vertically, horizontally and diagonally. From there we went to the Iwo Jima memorial, a large statue replica of the famous picture. There were six men and 13 hands on it. It was said the 13th was the hand of God. Close to that memorial was the Netherlands Carillon with 50 bells, which plays songs at noon and 6 pm. We heard the noon ones. We visited the Air Force Memorial near the Pentagon, which was called the "Bomb Burst" which represents the pattern of three jets that fly up and out. Other memorials were the WWII, Korean, Lincoln, Viet Nam, Women's depicting nurse with wounded soldier and nurse looking for incoming helicopter, Jefferson and we could often see the Washington Monument which was closed. We also saw the Capitol Building from outside.

The next day we went to Mt. Vernon, the original home of Lawrence Washington, who left it to his younger brother, George. We first went through a visitor's center with interesting displays, including one showing what he looked like at age 19, from using his death mask and modern technology. We then toured the home where we were not allowed to take pictures. In a display case on the wall of the



Air Force Memorial, photo by Marcia Arn

INTEREST GROUPS

home, was the original key to the French Bastille prison. It had been sent to George Washington from Lafayette as a 'symbol of French liberty to the Father of liberty for all'. The grounds were beautiful and several of us walked to the tomb where George and Martha lie. Later that afternoon we drove to Williamsburg to spend the next three nights.

The following morning we went to the Jamestown visitor center with many displays and were on our own to tour the re-created Jamestown Settlement with a Powhatan Indian village, ships and fort. After lunch we went to the American Revolution Museum at Yorktown. Our guide was good and explained many things to us in the museum and outside at the "camp" about events leading up to, during and after the Revolutionary War. The smallish canvas tents that appeared could sleep 2-3 men, were meant to sleep 6 men! The very large tent was for only the commander. Commanders were wealthy men who purchased the supplies for themselves and the men under them. For those of us old enough to have heard the phrase "two bits, four bits, six bits, a dollar", here is the history. Our guide explained the value of a coin in the latter 1700s was not in what the coin was made of, but what it was worth. Dollar coins were cut in half for a half dollar, which was cut in half for a quarter dollar and that was cut in half for a "bit". Therefore, two bits were equal to a quarter.

On Tuesday, we toured Williamsburg, starting at the Visitor Center with a film, then to the Governors Palace for a great tour. While waiting in line, we saw a few horse-drawn carriages and an ox-drawn cart giving patrons rides through the colonial streets. The palace had MANY swords, rifles and long revolvers adorning the walls, which the Governor supplied for troops when needed. After that, we were on our own to visit colonial homes, shops, taverns, Court House, Capitol building and a Market Square. The Capitol was impressive with the Assembly Hall, Joint Committee Room where the House of Burgess and Virginia Assembly met, Court Room, Governors Council and General Quarters. That evening, we had our farewell dinner on the top floor of Shields Tavern on the main street, Duke of Gloucester. Before we were served our food, a fiddler played four colonial songs for us, with the last one being "Yankee Doodle".

We all enjoyed the wonderful sightseeing and informative tour, and the company of fellow RFSA travelers along with the new friends we made from other areas of the US.

Additional 2019 tours will be:

Mackinac Island and the Great Lakes: July 7-14, 2019

Charming and historic hotels, beautiful Lake Michigan, fun experiences, and beautiful scenery...all of this and more await you on this Mackinac Island and the Great Lakes tour. One of the country's favorite summer retreats, Mackinac Island is known for bicycles and horse-drawn carriages as the only means of transportation. Outside of Detroit, visit the Henry Ford Museum, with innovations and artifacts from America's past; historic Frankenmuth; and the Tunnel of Trees drive will offer woodland vistas at their finest. In Grand Rapids, visit the Gerald Ford Presidential Library and Museum. In Chicago, a private presentation at the historic and elegant Palmer House Hilton—where you'll stay for the night—lets you learn about the hotel's history. From vibrant cities like Detroit and Chicago to charming small towns like Charlevoix to scenic coastal beauty and fun-filled experiences on the water, this Mackinac Island and the Great Lakes tour is a vacation you won't want to miss. Contact John & Karen Harrison at kjharrison17@gmail.com, or 512-258-4506 for more information on this tour.

Magnificent Europe: September 19 – October 3, 2019

This is a west-bound river cruise starting in Budapest, Hungary, cruising the Danube, Main and Rhine Rivers, stopping in Bratislava, Slovakia, Vienna and the Dürnstein Wachau Valley. Following that we sail to Austria, including Passau, Regensburg, Roth-Nuremberg, Bamberg, Würzburg, Main River Village, Rüdesheim-Rhine Gorge, then on to Cologne, Germany and ending in Amsterdam, Netherlands. The cruise line, Avalon Waterways, provides ships which feature the widest opening windows in river cruising, the industry's first Open-Air BalconySM. and beds facing the incredible views. Whether you want to enjoy a guided walking tour of one of Europe's great cities, join a cooking class or paddle a canoe, Avalon's collections of excursions offer a wide range of possibilities.

Danube Dreams: October 3-10, 2019

This is an 8-day westbound river cruise from Budapest to Deggendorf, Germany with stops in Bratislava, Slovakia, Vienna, Dürnstein in the Wachau Valley, Linz, Austria and Passau. Avalon Waterways.

INTEREST GROUPS

Either European cruise from Budapest will be filled with new discoveries and simple pleasures of ancient cultures that you'll hold in your memory for many years to come. Contact Karen Bluethman (Heart of Texas Tours) for more information on either of the river cruises at hottours@sbcglobal.net or 512-345-2043. You may also contact travel group chairs Marcia and Mike Arn and Karen and John Harrison at the emails listed above to offer suggestions about future trips.

NOTE: A proposed trip to the Panama Canal in February 2020 is in the planning stages. This trip would be an 8-day trip sponsored by Caravan Tours. The trip would begin and end in Panama City and include two daytime cruises on the Panama Canal, one through the canal locks and another on Gatun Lake as well as a city tour of Panama City. The tour would include a day spent at a beach resort in Playa Bonita, a visit to an Embera tribal village, a visit to a butterfly garden and an orchid nursery, as well a visit to a jungle sloth exhibition. Additionally, a visit is included to the world-renowned Museum of Biodiversity, designed by architect Frank Gehry. All meals are provided during the tour. Lodging would include 2 nights in Panama City at the Marriott Courtyard, 2 nights in Gamboa at the Gamboa Rainforest Resort, and 2 nights in Playa Bonita at the Westin Playa Bonita Resort. The last night would be spent back in Panama City at the InterContinental Miramar Hotel. Additional information will be distributed via email in the near future.



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FOODIES PICK THEIR FAVORITES



► Just what you have been waiting for, your very own Foodies list of top restaurants! From a list of 33, not including those that have closed since we ate there...

No surprise that there was no clear winner for the top spot. However, there were two restaurants that appeared most frequently, Launderette and Red Ash. Launderette is a neighborhood cafe located in a former laundry. Tany Norwood said that "this has turned into a favorite lunch spot – terrific food with lots of healthy options. We enjoy taking Austin visitors to lunch here." And Ruth Rubio said, "Have never tasted a fish sandwich so good!"

The second restaurant that appeared often on the list was Red Ash, an Italian restaurant (open only for dinner) that is influenced by the culinary traditions of both Northern and Southern Italy. Eleanor Moore, who is an Italian food junkie, said "We've loved everything we've ordered at Red Ash. From their delicious octopus, bread, pastas and grilled meats to sinful desserts, they do it right. Have found upstairs a little quieter than downstairs." Phil Kelton said "I have gone to Red Ash twice, although not the time that the Foodies group went. My overall impression was that the food, atmosphere, and overall experience are first rate. It is fairly expensive, but in my opinion the total experience was correspondingly high, and the place pretty much hit on all cylinders. If you want a traditional, moderately priced Italian restaurant, then go somewhere else. If you want a high-end Italian dining experience in a beautiful, modern setting, then Red Ash could be on your short list."

Cookbook Cafe, a restaurant in the new downtown Austin library, was a favorite for Barbara and George Frock. Barbara said "What a great location and a beautiful view. Good home cooking and the cake was yummy!" Kay Kimball commented, "What a fun way to experience the new library. Good food."

Honorable mention goes to: Jack Allen's on 360 for dinner and Jack Allen's on Anderson Lane for lunch, Hank's for lunch, Cielo for dinner, and Suerte for dinner.

Please join Foodies! We each pay our own tab, we order off the menu, and we have lots of fun! Here is the list of restaurants where we have eaten:

OASTHOUSE KITCHEN + BAR, LUNCH	JACK ALLEN'S KITCHEN ON ANDERSON, LUNCH
JULIET ITALIAN KITCHEN, LUNCH	CHEZ ZEE, LUNCH
FABI AND ROSSI, DINNER	COLLEEN'S KITCHEN, LUNCH
SUERTE, DINNER	CAFE AT NORDSTROM'S, LUNCH
LORO ASIAN SMOKEHOUSE, LUNCH	DAI DUE, LUNCH
ODD DUCK, LUNCH	68 DEGREES, DINNER
SOUR DUCK MARKET, LUNCH	LAUNDERETTE, LUNCH
COOKBOOK CAFÉ, LUNCH	ANDIAMO, DINNER
PICNIK, LUNCH	EL CHILE, LUNCH
NOBLE SANDWICH, LUNCH	SAWYER AND COMPANY, LUNCH
HANK'S, LUNCH	RED ASH, DINNER
THE GUILD, DINNER	PITCHFORK PRETTY, DINNER
KERBEY LANE, BREAKFAST	OLD THOUSAND, DINNER
CIELO BISTRO MEXICO, DINNER	BLUE DAHLIA, LUNCH
INTERO, DINNER	SALA AND BETTY, LUNCH
FULL ENGLISH, HIGH TEA	BARLEY SWINE, DINNER
JACK ALLEN'S KITCHEN ON 360, DINNER	



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READING BOOKS = LIVING LONGER

► As an adult, if you are not a frequent reader you aren't alone. According to one survey, one in four say they haven't read a book in the past year. That means many people are missing several large health benefits.

A 2016 Yale University study looked at more than 3,600 adults over a period of 12 years to determine the effect reading had on longevity.

HOW THEY RAN THE STUDY

The people were divided into three groups. One group read more than $3\frac{1}{2}$ hours per week, another group read up to $3\frac{1}{2}$ hours per week, and the final group did not read at all. The people who read books more than $3\frac{1}{2}$ hours a week were 23 percent less likely to die at a given age compared to people who didn't read at all. The group that read up to $3\frac{1}{2}$ hours a week were 17 percent less likely to die.

In the study, people who read newspapers and magazines also had a better survival rate, but it wasn't as good as the book readers, leading the researchers to conclude that it was

partially the immersive nature of books that provided the additional advantage.

BENEFITS OF READING

While it's not clear how reading improves survival, other studies have shown that reading can improve social connections, particularly by helping readers see the world through the eyes of a book's characters. Reading can also reduce stress. In one study, just 6 minutes of reading led to a slowed heart rate and less muscle tension.

Going one step further, reading can help relax your body and mind before bed. Just be sure to read a print book and avoid the bright screen of an e-reader that will throw off your melatonin production.

Reading has even been linked to greater life happiness. In one study, 27 percent of people said reading a certain book inspired them to make life-changing decisions, 36 percent were inspired to travel and 19 percent were encouraged to start a new hobby.



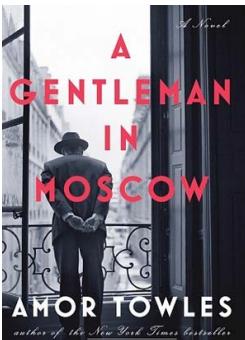
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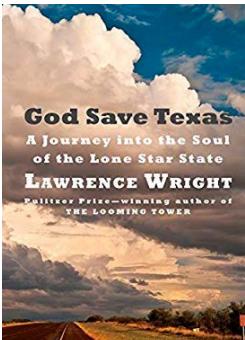
SUMMER READING LIST



FROM CAROLYN WYLIE

► I recommend *A Gentleman in Moscow* by Amor Towles to anyone who hasn't already read it. It is the best new novel I have read in years. I read it a year or so ago and thought it was wonderful; then I read it again last month for my book club and liked it even better the second time.

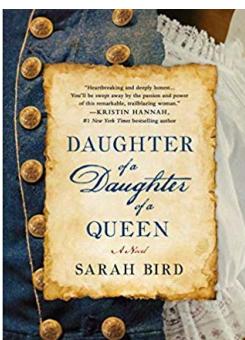
Everyone else at the book club meeting loved it too, and we are a fairly diverse group who seldom have such a unanimous reaction.



FROM SHARON JUSTICE

► *God Save Texas, A Journey into the Soul of the Lone Star State* by Lawrence Wright, a Pulitzer Prize winner, is a fascinating read. One would think that a book about Texas culture, history and politics might weigh several pounds and use a tiny font, but Wright has carefully chosen selected material from each

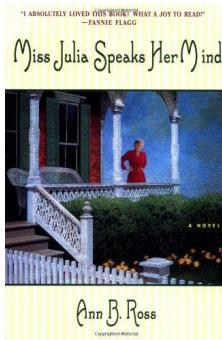
of these topics and created a journey for the reader that is captivating. He introduces the oil and gas barons, artists, musicians and writers, as well as intimate portraits of some of our most notable politicians. Each chapter is a stand-alone so you may choose to read about the "Sausage Makers" before you read about "Houston: We Have A Problem". His humor will make you laugh, his insights are thought provoking and you may find yourself agreeing or disagreeing with his conclusions. Highly recommend this timely non-fiction book. It won't disappoint!



FROM ELEANOR MOORE

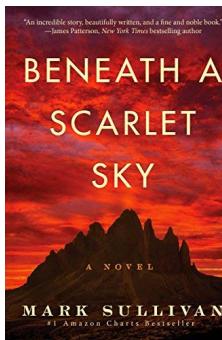
► *Daughter of a Daughter of a Queen* by Sarah Bird

Compelling fictional account of a black woman's journey from slave to buffalo soldier. Based on a true story. Written by Austin's own Sarah Bird.



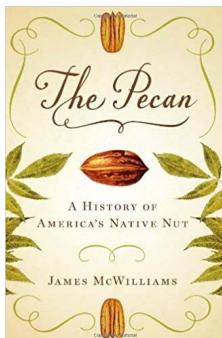
FROM BARBARA FROCK:

► This is a series of wonderful light reading books – the *Miss Julia* series by Ann B. Ross. The first one is *Miss Julia Speaks Her Mind*. This is a series about a southern gentlewoman who is a widow. She gets a knock on her door one night – and the shock of her life – and the antics and escapades begin from there. Like I say – real light reading – and probably 20 books in the series.



FROM MICHAEL BECKER

► My recommendation is *Beneath a Scarlet Sky: A Novel* by Mark Sullivan. Fictionalized telling of a true story of a young man from Milan, Italy from 1943-1945 during the German occupation of WW II. History, adventure, romance.



FROM GARY THOMAS

► *The Pecan, A History of America's Native Nut* by James McWilliams. As an Austin native, UT alumnus, and long-time UT staff member, pecans have been all around me as shade trees, pie and cookie ingredients, and abundant and delicious snacks for all my life. I found this detailed history of the prehistoric significance and the

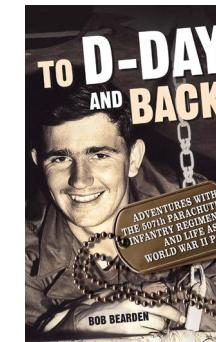
cash crop for Texas settlers to be fascinating. Texans of past and present are super lucky to have pecans so abundantly available to us.

FROM BILL AND BETTY CROOK

► Bill: I just finished reading *Left to Tell: Discovering God Amidst the Rwandan Holocaust* by Immaculee Ilibagiza. The author survived the 1994 Rwandan holocaust which murdered one million natives over 100 days. She and four

SUMMER READING LIST

other women hid in a small bathroom, and spent her time praying to God to save her life. It is an incredible tale.



And today I picked up a book that I used when watching "Band of Brothers" that is another good choice for our Summer Reading List. *To D-Day and Back* by Bob Bearden, who was in my Class of 1950. While a student he was the Head Cheerleader during 1948-49. It tells of his time as a US Army soldier, training to be

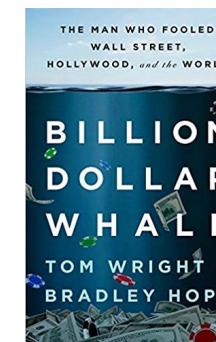
a paratrooper and being among those who parachuted into France the night of June 6, 1944. His story continues through the next several days before being captured by the Germans, then tells of his efforts to survive. He escapes from the Stalag when the Russians overrun the German Army. The book describes the atrocities by both the German and Russian Armies. This book was published in 2007, and surely the UT Libraries have a copy. I bought mine directly from Bob at a military gathering in New Braunfels, several years ago.



Betty: I recently finished *In the Far Pashmina Mountains* by Janet MacLeod Trotter. It is the story of an English girl who was raised in a lighthouse. As a young woman, she saved the life of a Scottish soldier, shipwrecked on his way to India. They fall in love, but he has to leave for India. She goes to India and later, he saves her life during Briton's war in Afghanistan.

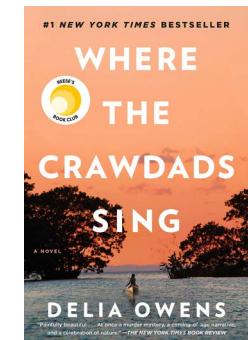
FROM PAT BOONE

► I recommend *Billion Dollar Whale: The Man Who Fooled Wall Street, Hollywood, and the World* by Tom Wright and Bradley Hope (both Pulitzer finalists.) It was recommended by Bill Gates on a TV interview.



FROM KAYE ABIKHALED

► To keep my head straight in today's chaotic world, I read poetry – anything I come across, from the classics to contemporary. I recommend the American Academy of Poets Poem-a-Day, poets.org; Knopf Doubleday's daily poem during April, National Poetry Month knopfdoubleday.com/knopf-poetry-signup/ and emailing <worldpoet@rocketmail.com> (local).



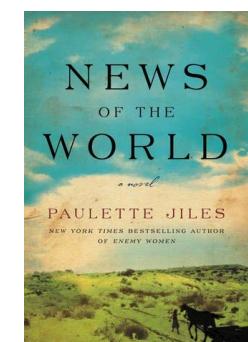
► *Where the Crawdads Sing* by Delia Owens. "A painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature." The New York Times Book Review

- *The Silent Patient* by Alex Michaelides. "Unputdownable, emotionally chilling, and intense, with a twist that will make even the most seasoned suspense reader break out in a cold sweat." Booklist

- *Educated: A Memoir* by Tara Westover. "Tara Westover's powerful tale – of trying to find a place for herself in the world, without losing her connection to her family or her beloved home – deserves to be widely read." J.D.Vance, author of Hillbilly Energy

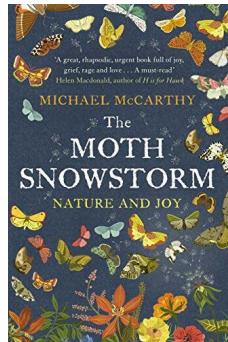
FROM JOAN GIVENS

► I am an avid reader of fiction, but *News of the World*, very well written by San Antonio author Paulette Jiles, is a book I repeatedly recommend to friends who have not yet enjoyed the pleasure of its tale. Set in late 1800's Texas, the book chronicles a trip filled with assorted challenges of the time and terrain made by an elderly public reader of newspapers, and a young girl just released from Indian captivity who reluctantly agreed to deliver to her family. As they traveled from the Dallas area, and south



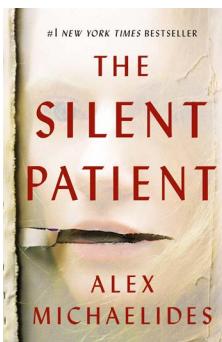
SUMMER READING LIST

through the Hill Country to Fredericksburg and San Antonio, I was held riveted by the storytelling and the characters.



FROM CAROL OBIANWU

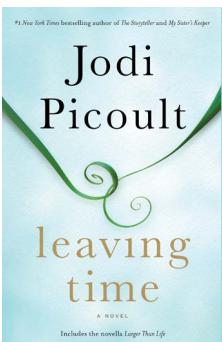
► *The Moth Snowstorm: Nature and Joy* by Michael McCarthy. Michael McCarthy, one of Britain's leading writers on the environment, has written "A great, rhapsodic, urgent book full of joy, grief, rage and love" says author Helen Macdonald.



FROM KAREN HARRISON

► *-Where the Crawdads Sing* by Delia Owens. "A painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature." The New York Times Book Review.

- *The Silent Patient* by Alex Michaelides. "Destined to go down as one of the most shocking, mind-blowing twists in recent memory." Blake Crouch, author.



FROM JUDY DAVIS

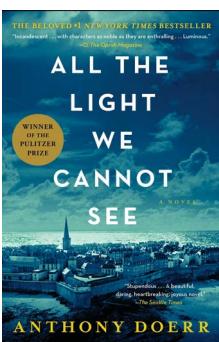
► I just finished a book by Jodi Picoult entitled *Leaving Time* and I thoroughly enjoyed it, as I do any of her books, but this one was really special to me. It is centered around a precocious child's search for information about her missing mother after a mysterious incident at an elephant sanctuary run by her parents in the United States.

The story takes many twists and turns as the child tries to figure out who to turn to for help in her search. There was so much information about elephants woven throughout the book – really fascinating and sometimes sad because of what they have endured in various environments. The author uses the multiple viewpoint style of writing making it interesting

to hear each character's thoughts about the situations they were all experiencing. The end of the book is a real shocker (I didn't see it coming) and there is a novella that follows the book's conclusion. The novella features characters from the book but covers a span of time leading up to the book's beginning. I was so entertained during the reading of this book – didn't want it to end. I have read *The Storyteller* and *My Sister's Keeper* by this author but *Leaving Time* has been my favorite.

FROM SUSAN KESSLER

► Here are a few book suggestions for the RFSA Summer Reading List from my recent favorites. Most of the descriptions are copied from Goodreads.com. I loved them all!



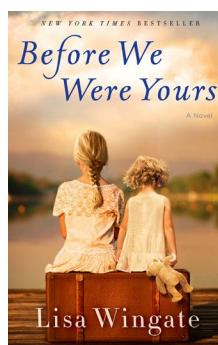
- *All the Light We Cannot See* by Anthony Doerr. Marie Laure lives with her father in Paris within walking distance of the Museum of Natural History where he works as the master of the locks (there are thousands of locks in the museum). When she is six, she goes blind, and her father builds her a model of their neighborhood, every house, every manhole, so she can memorize it with her fingers and navigate the real streets.

When the Germans occupy Paris, they flee to Saint-Malo. In Germany, orphan Werner becomes a master at building and fixing radios, earning a place at an elite and brutal military academy. Werner travels through the heart of Hitler Youth to the outskirts of Russia, and finally into Saint-Malo, where his path converges with Marie-Laure. Deftly interweaving the lives of Marie-Laure and Werner, Doerr illuminates the ways, against all odds, people try to be good to one another.

- *An Altar in the World: A Geography of Faith* by Barbara Brown Taylor. From simple practices such as walking, working, and getting lost to deep meditations on topics like prayer and pronouncing blessings, Taylor reveals concrete ways to discover the sacred in the small things we do and see. Something as ordinary as hanging clothes on a clothesline becomes an act of devotion if we pay attention to what we are doing and take time to attend to the sights, smells, and sounds around us. Making eye contact with the cashier at the

SUMMER READING LIST

grocery store becomes a moment of true human connection. Allowing yourself to get lost leads to new discoveries. Under Taylor's expert guidance, we come to question conventional distinctions between the sacred and the secular, learning that no physical act is too earthbound or too humble to become a path to the divine. As we incorporate these practices into our daily lives, we begin to discover altars everywhere we go, in nearly everything we do.



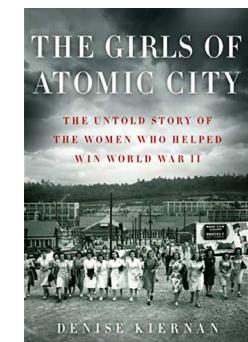
- *Before We Were Yours* by Lisa Wingate. Based on one of America's most notorious real-life scandals, involving the director of an adoption organization who kidnapped and sold poor children to wealthy families. 1939: Rill Foss (12) and her four younger siblings live a magical life aboard their family's shanty boat. A family emergency leaves Rill in charge, but

the children end up in an orphanage, at the mercy of the facility's cruel director. Present day: Born into wealth and privilege, Avery Stafford seems to have it all. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to journey through her family's long-hidden history, a path that will ultimately lead either to devastation or to redemption.

- *Born a Crime: Stories from a South African Childhood* by Trevor Noah. Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. The eighteen personal essays collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way

through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love. NOTE: If you enjoy audio books, this one is excellent – read by Trevor Noah.

- *A Gentleman in Moscow* by Amor Towles. Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery of what it means to be a man of purpose. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.



- *Girls of Atomic City* by Denise Kiernan. One of the Manhattan Project's secret cities, Oak Ridge, TN, didn't appear on any maps until 1949, yet at the height of World War II it was using more electricity than New York City and was home to more than 75,000 people, many of them young women recruited from small towns.

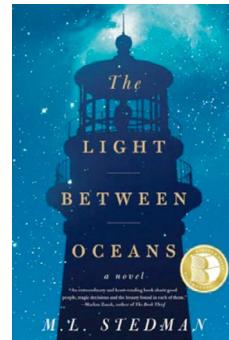
Their jobs were shrouded in mystery, but they were buoyed by a sense of shared purpose, close friendships – and a surplus of handsome scientists and Army men. The reverberations from their work are still being felt today. Through interviews with dozens of surviving women and other Oak Ridge residents, it is a beautifully told, deeply researched story that unfolds in a suspenseful and exciting way.

- *Goodbye to a River* by John Graves. In the 1950s, a series of dams was proposed along the Brazos River in north-central Texas, thus changing the surrounding countryside, and the lives of the people whose rugged ancestors had eked out an existence there. Goodbye to a River is John Graves' account of his farewell canoe voyage on the Brazos. As he braves rapids and fatigue and the fickle autumn weather, he muses upon old

SUMMER READING LIST

blood feuds of the region and violent skirmishes with native tribes, and retells wild stories of courage and cowardice and deceit that shaped both the river's people and the land during frontier times and later.

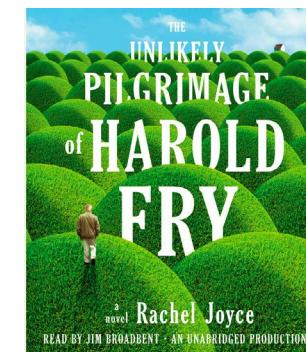
- *Just Mercy* by Bryan Stevenson. Bryan Stevenson was a young lawyer when he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need. One of his first cases was that of Walter McMillian, a young man sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinksmanship – and transformed his understanding of mercy and justice forever. An unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice.



- *The Light Between Oceans* by M. L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. Tom, whose records as a lighthouse keeper are meticulous and whose moral principles have withstood a horrific war, wants to report the man and infant immediately. But Isabel has taken the tiny baby to her breast. Against Tom's judgment, they claim her as their own and name her Lucy. When she is two, Tom and Isabel return to the mainland and are reminded that there are other people in the world. Their choice has devastated one of them. M. L. Stedman's mesmerizing, beautifully written novel seduces us into accommodating Isabel's decision to keep this "gift from God." And we are swept into a story about extraordinarily compelling characters seeking to find their North Star in a world where there is no right answer, where justice for one person is another's tragic loss.

- *Still Life* and the whole Inspector Gamache series by Louise Penny. Beautifully and thoughtfully written, this series is much more than a sequence of murder mysteries. It is a look into the hearts and souls of an ensemble of characters that you come to know, love, and want to join in the charming Quebec village of Three Pines. Read the series from the beginning!

- *The Time It Never Rained* by Elmer Kelton. Kelton (a UT Distinguished Alumnus) captures the essence of the severe West Texas drought through authentic dialect of believable characters. To the ranchers and farmers of 1950s Texas, man's biggest enemy is one he can't control. With their entire livelihood pegged on the chance of a wet year or a dry year, drought has the ability to crush their whole enterprise, to determine who stands and who falls, and to take food out of the mouths of the workers and their families. To Charlie Flagg, an honest, decent, and cantankerous rancher, the drought of the early 1950s is a foe that he must fight on his own grounds. Refusing the questionable "help" of federal aid programs, Charlie and his family struggle to make the ranch survive until the time it rains again—if it ever rains again.



- *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. Harold Fry, retired, lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. One morning the mail brings a letter addressed to Harold from a woman he hasn't seen or heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. Harold pens a quick reply and heads to the corner mailbox. But then, Harold has a chance encounter that convinces him that he absolutely must walk the six hundred miles to the hospice because, he believes, as long as he walks, Queenie Hennessy will live. Along the way he meets one fascinating character after another, each of whom unlocks his long-dormant spirit and sense of promise. As for Maureen, she finds herself missing Harold for the first time in years. And then there is the unfinished business with Queenie Hennessy.

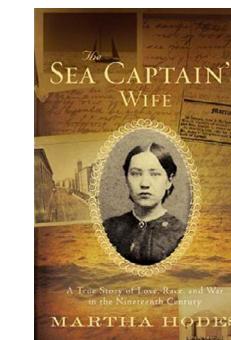
SUMMER READING LIST

- *A Walk In the Woods: Rediscovering America on the Appalachian Trail* by Bill Bryson. The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America – majestic mountains, silent forests, sparkling lakes. If you're going to take a hike, it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way – and a couple of bears. *A Walk in the Woods* will make you long for the great outdoors (or at least a comfortable chair to sit and read in).



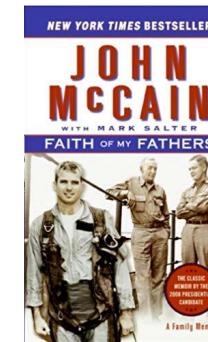
FROM JO ANNE HUBER

► I am currently reading a book suggested by my daughter, Courtney Eads. It is *Next Year in Havana* by Chanel Cleeton. It is an amazing story inside Cuba, and how the politics of a war-torn country affected both revolutionary families as well as affluent ones. I highly recommend it.



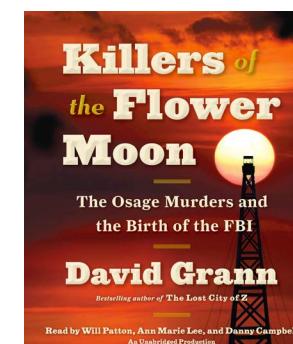
FROM DAN WHEAT

► The book I recommend is *The Sea Captain's Wife* by Martha Hodes, a true story of a New England woman whose first husband took them to the South, and he went on to fight in the Confederate Army during the Civil War. This created discord in her family, since some of the New Englanders in the family fought on the North's side, but the book reveals some varied thinking about Northerners' feelings about the war. Eventually, this white woman met and married a black sea captain and merchant in New England. They moved to his home in the Caribbean. It is an interesting look at the sociology of race and income levels before and after the Civil War in both the North and the South.



FROM LEWIS MYERS

► I recommend the reader revisit *Faith of My Fathers* by John McCain and Mark Salter. I served with John McCain during the Vietnam Conflict and I think that sometimes we should reflect on one of our true American heroes. When John was a prisoner in the Hanoi Hilton, I was flying missions over Hanoi and keeping an eye open for him. We knew the location of the Hanoi Hilton and whenever we flew over we watched for any sign from the exercise compound at the Hilton. This book is almost 20 years old now but I recently re-read and enjoyed it.

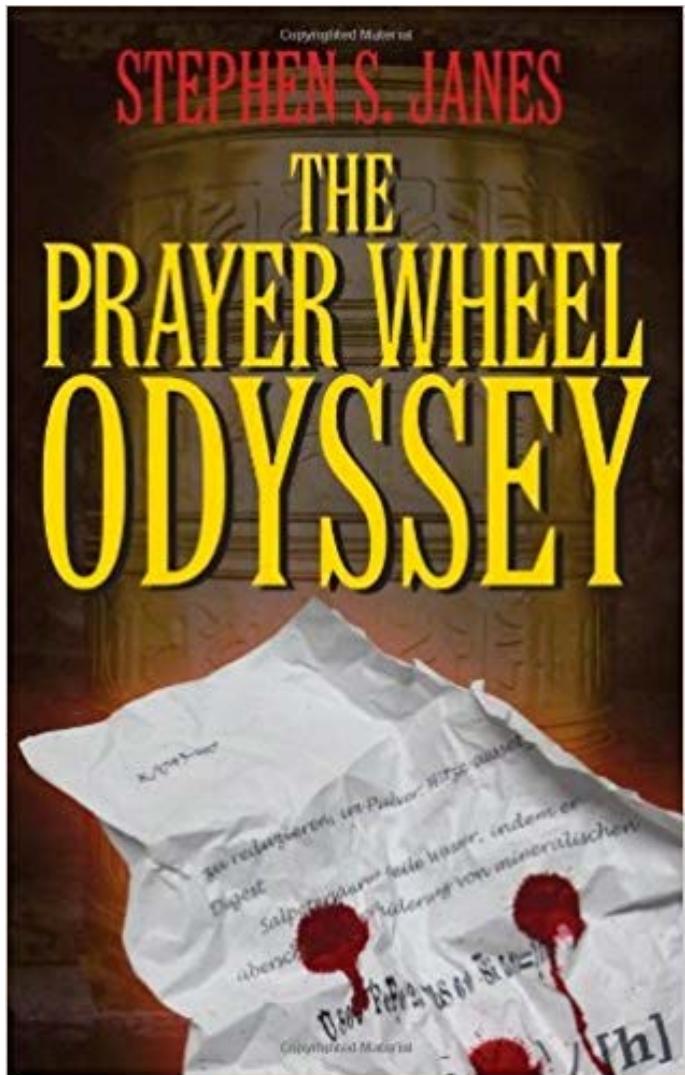


FROM RUTH RUBIO

► *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* is the third non-fiction book by David Grann. The author is an American journalist and his writing is very clear and easy to read. He chronicles the systematic murder of Osage Indians by a community who wanted to steal their wealth. I

kept asking myself "How come I never heard of these murders?" J. Edgar Hoover sought to professionalize the FBI during the work done on this case.

SUMMER READING LIST



with Ernest and trust his knowledge of the business and the process."

This is the first Janes book to move from printed words to cinema. Janes also wrote the recently published novel, "Cries At Sundown," a legal thriller rooted in America's tragic history of its Native American population.

And the winner is...

All RFSA members who submitted a recommendation for our Summer Reading List were entered into a drawing for a copy of The Prayer Wheel Odyssey, personalized and signed by author Stephen S. Janes. And the lucky winner was Gary Thomas! Congratulations, Gary, and we hope you enjoy your book!

SPRING LUNCHEON

The Prayer Wheel Odyssey Will Become A Feature Film

► *The Prayer Wheel Odyssey*, written by UT retiree Stephen S. Janes, is an exciting action-adventure novel with political undertones. Ernest Harris, Founder and CEO of Harris Management in Los Angeles (and former UT student), is overseeing the journey adapting the book to film and will also shepherd the feature through the development process. Sharon Justice, former Dean of Students and Associate Vice President for Student Affairs, contacted Harris about one of Janes' books and plans for this movie followed.

The Prayer Wheel Odyssey is described as "a uniquely spellbinding thriller that keeps you on the edge of your seat while it opens your eyes to what could happen to our planet if just one mistake is made...or just one person tips the balance for personal gain." Janes, the author, brought a unique perspective and background to the story. A lawyer, who also spent four years in the U.S. Navy with the Naval Security Group, is a phenomenal researcher. He spent 25 years with The University of Texas at Austin, where he rose to the position of Associate Vice President for Student Affairs, and where he also spent 15 years teaching a law course.

"I am very excited about this," Janes said. "As a fan of movies, of course it would be a dream come true to see my book made into a film. When I wrote the story, I was hoping for a wide audience for its message and I always knew the story could reach more people through theaters than a book. So getting to this place is what I had hoped for. I am very happy to work

► The Retired Faculty-Staff Association Spring Luncheon was held on Tuesday, April 23 in the beautiful Connally Ballroom of the Etter-Harbin Alumni Center. Members enjoyed a delicious buffet of brisket and smoked turkey with all the sides. President Greg Ferves hosted our luncheon, as the Office of the President has done since 1982, in recognition and appreciation of UT faculty and staff for their past and continued service. We were also delighted to host two of our RFSA scholarship recipients, Madalyn Graham and Ana Flores Monarrez.

Our speaker was Dr. Don Carleton, the founder and executive director of UT's Dolph Briscoe Center for American History. Dr. Carleton talked about what an amazing treasure and resource we have in the Briscoe Center and answered many



Members of the Silver Spurs help greet luncheon attendees.



Incoming RFSA President Eleanor Moore, left, and outgoing President Ruth Rubio.

questions afterward. His interactions with many of our most famous Texans would sound like tall tales if they hadn't been coming from this renowned historian. Everyone thoroughly enjoyed Dr. Carleton, and many of us plan to visit the Briscoe Center to learn more.

Next, President Ruth Rubio called the business meeting to order. New members introduced themselves. The proposed slate of new officers was presented and approved by voice vote. Other changes to board members and interest groups were announced. The financial report of RFSA's accounts was presented. Then the drawing for the John McKetta Attendance Awards was held, and five lucky members went home with \$200 each. At the end of the meeting, President Rubio became Past President, and President-Elect Eleanor



Members of the Orange Jackets help out at the nametag table.



These lucky five each won \$200 in the McKetta Attendance Award drawing! Left to right: Joe Hammer, Martha Ovando, Elaine Ward, Bill Lasher and Seyfi Yazicioglu

SPRING LUNCHEON

Moore became President. We closed the meeting in our traditional way, by singing “The Eyes of Texas” as Barbara Myers beautifully played it on the piano.

A big thanks to the many people who helped with our event. Our student hosts included members of the Orange Jackets and the Silver Spurs. The UT Austin ID Center set up a temporary location to make it convenient for our members to get their retiree ID's. Many of our business sponsors took the time to join us. Rosemary's Catering always prepares delicious food, and their staff are friendly and attentive to our members' needs. And the staff of the Ex-Students' Association always make RFSA feel like we are the most important group they work with.

After the luncheon, many members grabbed their drinks and made their way to the Legends Room, where we assembled bookmarks and orange remembrance ribbons for UT Remembers, held this year on Friday, May 10. This has been a service project of RFSA for four years. The room is always filled with conversation and laughter as we make the mementos that we know will be a cherished part of a beautiful UT tradition.



RFSA members gathered after the luncheon for our annual service project for UT Remembers.



President-Elect Corky Hilliard stands behind Barbara Frock with Tany Norwood.



Dr. Don Carleton speaks to luncheon attendees.

LONGHORN FYI

VICTIMS ADVOCATE NETWORK

► UT Austin has created the Victims Advocate Network (VAN), a group of specially trained UT staff who have volunteered to be on call to offer immediate crisis support to campus employees who have been victims of crime or suffered some type of distress. VAN is modeled after victim service units that exist in major metropolitan police departments, including the Austin Police Department and Travis County Sheriff's Office. There are currently seven VAN volunteers at UT, and the goal is to have 40. David Carter, Assistant Vice President of Campus Security and Chief of Police, has oversight of this grant-funded program. <https://police.utexas.edu/services/victims-advocate-network>

UT CLUB

► Many of us have enjoyed meeting friends and colleagues at the UT Club for dinner, happy hour, and special events. Did you know that, as a UT retiree, you are still eligible to join the UT Club at the faculty/staff rate? Membership also includes benefits at over 300 ClubCorp and affiliate clubs inside and outside Austin. For details, check out www.utclub.com

“TEXAS CONNECT”

► UT has a terrific new magazine for all faculty and staff called “Texas Connect”. University Communications and Texas Student Media partnered to develop this publication. It was created to shine a light on the people who power the University and to provide information that will help them thrive. RFSA has placed an ad in the next three issues of “Texas Connect” as a way to inform current faculty and staff about our organization. We hope this will be an effective way to inform people about their options after retirement. Check out some of their stories at: <https://news.utexas.edu/texas-connect/>

FRIENDS OF THE LBJ LIBRARY

► Did you know that you can join the Friends of the LBJ Library at a reduced rate for seniors (62 and over)? Several of our RFSA members are also LBJ Library Friends, and they highly recommend membership. You will receive free admission not only to the LBJ Library but to all 14

Presidential libraries, plus other benefits. Individual members also receive invitations to the Evening With speaker series and receptions that bring noted authors, politicians, statesmen, historians and filmmakers, usually eight per year. LBJlibrary.org

TOWER GIRL



Tower Girl guarding the roost,
by Neil Q. Crump

► Tower Girl is the Peregrine Falcon who lives at the top of the UT Tower. She lives in Austin year-round, unlike most Peregrines who migrate. These birds are the fastest animals on the planet and can achieve speeds of 200 mph when “stooping” (dropping on their prey with wings closed.) UT’s Biodiversity Center maintains a live Falcon

Cam aimed at Tower Girl’s nest box, so you can watch her go about her daily activities. Go to biodiversity.utexas.edu then click on “Falcon Cam”.

CAMPUS GUARD KIOSKS

► Have you noticed...? The guard kiosks that used to ring campus are gone! There is now only one kiosk station, located on West 24th and Whitis. The good news: You can drive onto campus even if you have forgotten your permit. The bad news: The kiosk guards used to be the helpful question-answers for visitors who weren’t familiar with the campus. According to UT Austin’s Parking and Transportation Services, the kiosks on San Jacinto and DeLoss Dodds Way were all removed in April. The kiosks’ functions of controlling traffic into the inner core of campus had been significantly reduced because of the bollards installed along 21st and 24th Streets in 2017-18.

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.

Book Online 24/7



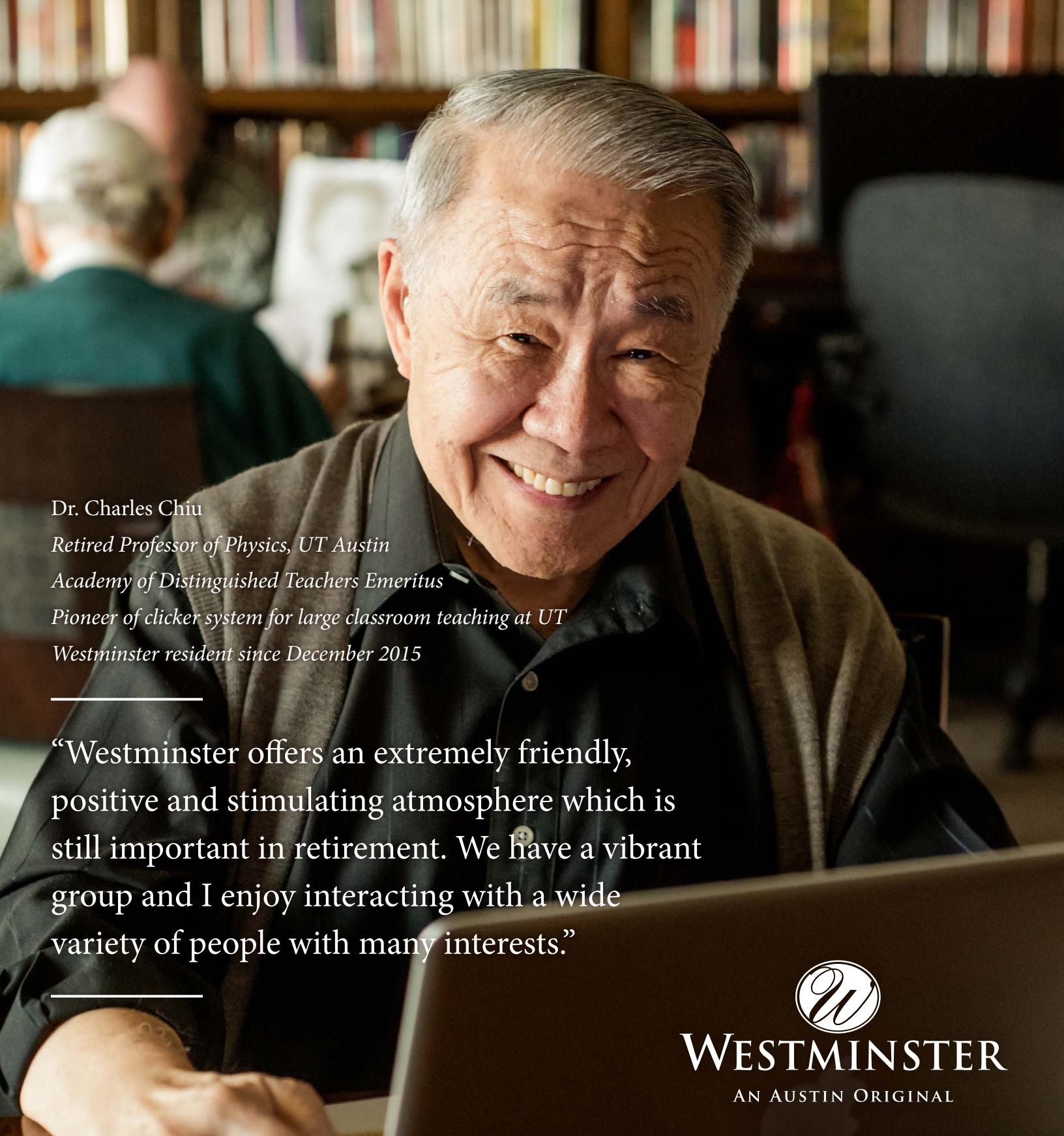
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Retired Professor of Physics, UT Austin

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SCHOLARSHIP FUND

ABOUT OUR SCHOLARSHIP FUND

► RFSA's Scholarship Fund is our main, and most impactful, service project. It was created in 1983 and the first scholarship was awarded in 1988. Last summer, our fund reached a milestone of surpassing one million dollars in market value.

In addition to undesignated donations, members and friends are encouraged to make contributions in memory or honor of family, friends and colleagues; in celebration of particular events; and through estate donations. Last fall, our organization committed to match any donations with reallocated operating funds, and some of that match is still available. So, if you donate soon, you can double the amount of your donation. Please consider a contribution – it will truly make a difference in a student's life.

Donate By Mail

Checks should be made payable to
The University of Texas at Austin

and mailed to the following address:

*Carol Barrett
RFSA Coordinator
Texas Exes
P.O. Box 7278
Austin, Texas 78713*

Donate Online

You are also able to donate online through the UT Online Giving website at

giving.utexas.edu/RFSA2012

The "Gift Designation" line should read "Retired Faculty-Staff Association". Enter the amount you wish to give and complete the rest of the information requested. You will receive an electronic acknowledgement from UT and a written acknowledgement from RFSA in the mail.

RFSA SCHOLARSHIP CONTRIBUTIONS

GIFTS RECEIVED FROM NOVEMBER 1, 2018 - APRIL 30, 2019

2018-19 RFSA SCHOLARSHIP RECIPIENTS

Gabriel Avram Alloy
Senior, Mechanical Engineering

William Sean Anderson
Sophomore, Business

Zacharia James Benalayat
Graduate School, Information Studies

Juan David Benavides
Senior, Geological Studies

Milena Sophia Cuellar
Sophomore, Corporate Communications

Ana L. Flores Monarrez
Senior, Marketing

Michelle A. Gillenwaters
Senior, International Relations/Global Studies

Madalyn Paige Graham
Sophomore, Biology

Tony Phuc Nguyen
Junior, Arts and Entertainment Technologies

Kevin Matoke Ogega
Junior, Finance

Jabir Mohammed Rizvon
Sophomore, Exercise Science

Kyli Marie Schulz
Graduate School, Audiology

Mackenzie Leigh Thering
Senior, Architecture/Architectural Engineering

Michael Anthony Truex
Sophomore, Computer Science

Pam and Jeff Autrey
In memory of Cecile DeWitt

Martha Boyd
In honor of Carol Barrett
In honor of Peggy Mueller
In honor of Linda Peterson
In honor of Ruth Rubio

John E. and Marian K. Breen
In memory of Norman Wagner

Charles A. Clark
In memory of J.F. Seabolt-Doty

Rox Covert/Covert Auto Group

James and Mary Crook

Mary Allen Crook
Austin and Bridget Cunningham

Judith K. Davis
In memory of David R. Davis

John De La Garza
Larry and Mary Ann Faulkner

Christine Fleming

Lael Moore Hasty
In memory of Virginia Frels Fender

Suzanne Huff
Sharon Justice
In memory of Deena Mersky

Phillip W. Kelton

Karron G. Lewis

Rezala Maamar-Tayeb

Cecil and Gerri Martinez
In honor of Martha Boyd

Ronald W. Massey

Joyce McClendon
Two gifts

Eleanor Moore
In honor of Ruth Rubio

Peggy N. Mueller
In memory of Wanda Ruth Lay
Montgomery
In memory of Marie Hill Sellers
In memory of Patsy Tongate Simmons

Mary and Brian Mulvaney

Lewis A. Myers, Jr.
In memory of Jacqueline Myers

Tany B. Norwood
In honor of Marsha Miller
In memory of John J. McKetta
In honor of Linda Peterson

Nancy Payne
In memory of Jim Crowson
In memory of Charles E. McCullough
In memory of Pablo Ruiz

Hazel Pipkin
Ruth J. Rubio
In memory of Rudolpho and Mary Louise Rubio

Beverly Shivers
Della H. Sprager
In memory of Deena Mersky

Barbara Wagner
In memory of Norman K. Wagner
Boleynn R. Wilson
In memory of Kendall Roberts

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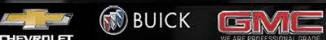
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► This building began its life on the Forty Acres in the early 1900s. It has gone through several name changes over the years and is still in use today. What was it called at the time this photo was taken? Bonus points for any or all of its names and uses up to and including the current one. Hint: it was the academic home to such luminaries as Thomas Ulvan Taylor and Walter Cronkite. Photo by Matthias Kuehne, who taught the first photography class at UT.

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

Submitted by Linda Peterson

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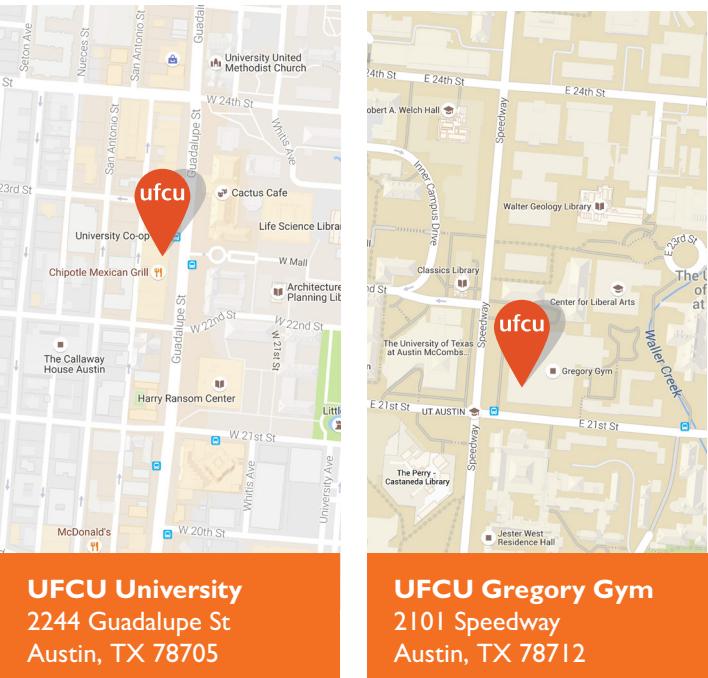
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IN MEMORIAM

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, 2018 and April 30, 2019. 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.

Heidi Beilharz Ascue, 78

Library Assistant II, Automated Cataloguing
March 24, 2019

James L. Crowson, 80

Vice Chancellor and General Counsel, UT System
January 11, 2019

Wayne H. Holtzman, 96

Hogg Professor in Psychology and Education, Professor Emeritus, Department of Psychology; President of RFSA 1998-1999
January 23, 2019

Eleanor Worley Jordan, 73

Professor Emeritus, School of Business, Department of Information, Risk and Operations Management
October 28, 2018

Diane Justice, 66

Physical Plant, Grounds Maintenance Leader, Landscape Services
October 22, 2018

Jerry V. Kahlbau, 91

Special Research Associate, Applied Research Laboratories
January 6, 2019

Voline "Von" Floyd Kwallek, 82

Husband of Nancy P. Kwallek, Gene Mikeska Endowed Chair for Interior Design, Professor Emeritus, School of Architecture
January 3, 2019

Clarice Marie Lavergne Lemay, 83

Nurse, UT Student Health Center
March 1, 2019

John A. Malcolm, 98

Instructor, Supervision and Management
December 12, 2018

Dorothy Lillian Morse Barnard, 95

Administrative Assistant, Germanic Languages and Linguistics
January 12, 2019

Margot C. Beyersdorff, 81

Lecturer I, Spanish & Portuguese; Research Fellow in Latin American Studies
December 21, 2018

Jesse John Brady, III, 68

Division Head, Advanced Technology Lab, Applied Research Labs
December 8, 2018

Gayle Browne, 82

Wife of Jim Browne, Regents Chair Emeritus in Computer Science
March 13, 2019

Patricia Ann "Tish" Burnham, 82

Senior Lecturer, Department of American Studies, Art and Art History
November 12, 2018

Ben Hall Caudle, 95

Professor Emeritus, Department of Petroleum and Geosystems Engineering
February 6, 2019

Gary Wayne Cobb, 77

Senior Lecturer, Electrical Engineering
January 6, 2019

Charles Hubert Cooley, 87

Administrative Assistant, Chemistry and Biochemistry
January 12, 2019

IN MEMORIAM

John J. McKetta, Jr., 103
Joe C. Walter, Jr. Chair in Engineering; Dean Emeritus and Professor Emeritus, Cockrell School of Engineering; Department of Chemical Engineering and Department of Mechanical Engineering
 January 15, 2019

Francis Louis Miksa, 80
Professor, Graduate School of Library and Information Science
 March 20, 2019

Sidney Monas, 94
Professor Emeritus in History; Slavic Languages
 March 29, 2019

Robert W. Morgan, 71
Facility Manager, Institute for Advanced Technology
 February 13, 2019

Leland Ralph Munger, 92
Associate Professor, Music
 December 21, 2018

David Alec Nancarrow, 81
Professor Emeritus, Theatre and Dance
 October 29, 2018

Carol Niemann, 79
Wife of Larry Niemann, Lecturer, School of Law
 January 7, 2019

Donna Marie Gother Parker, 75
Wife of Randall Parker, Professor Emeritus, Special Education
 December 1, 2018

Richard Raymond Peterson, 75
Executive Producer, KLRU
 November 16, 2018

William C. Powers, Jr., 72
President, UT Austin; Dean of Law School; Joseph D. Jamail Centennial Chair in Law and Distinguished Teaching Professor
 March 10, 2019

Will Richardson, 88
Lecturer, Management
 October 19, 2018

Elizabeth Travis Roberts, 101
Social Science/Humanities Research Associate
 December 5, 2018

David Wyatt Robertson, 81
Professor, Law School; William Powers, Jr. and Kim L. Helbrun Chair in Tort Law
 December 27, 2018

Pablo Ruiz, 72
Project Manager I, UT System, Facilities and Planning
 January 30, 2019

David B. Sain, 84
Professor, Military Science
 February 23, 2019

John Fredlin Seabolt-Doty, 78
Music Archivist and Administrative Assistant, Music
 February 25, 2019

Ann Bottenfield Seago, 66
Senior Administrative Associate, Graduate School of Library and Information Science
 January 16, 2019

Patricia Orton Spurr, 96
Widow of UT President Stephen Spurr
 October 28, 2018

Alan Dean Thompson, 83
Associate Dean of Continuing Education
 December 9, 2018

Norman Keith Wagner, 86
Associate Professor Emeritus, Department of Civil, Architectural and Environmental Engineering
 January 27, 2019

Reba Jean Brigham White, 66
Food Service Unit Manager, Housing and Food Service
 March 5, 2019

Herbert Woodson, 93
Dean Emeritus and Professor Emeritus, Department of Electrical and Computer Engineering
 November 30, 2018



Dr. Dorothy "Dee" Fruchter and her husband **Dr. Benjamin Fruchter** were active in RFSA. Dee served as RFSA President in 2006-2007. The couple also created the Drs. Benjamin and Dorothy Fruchter Scholarship for students within the RFSA Scholarship Fund. Long-time RFSA members are saddened by Dee's passing, but are grateful for the legacy they have left within our organization and the UT community.



Dr. John McKetta and his wife **Helen "Pinky" McKetta** were a remarkable couple, known for their epic romance, their generosity and their hospitality. Dr. McKetta was RFSA President in 1991-1992, and the couple established the Dr. John and Helen McKetta Scholarship for students within the RFSA Scholarship Fund. Dr. McKetta also provided funding for the "McKetta Attendance Awards", cash prizes of \$200 each, to five attendees at both the RFSA Spring and Fall Luncheons. Dr. McKetta served as the long-time Treasurer, then Treasurer Emeritus of RFSA, and was known for his Treasurer's Reports that made everyone laugh. He attended RFSA gatherings even when he passed 100 years old. Everyone who knew him was made better by being around him, and he is missed immeasurably.



Dr. William C. Powers, Jr., was President of The University of Texas at Austin from 2006 to 2015, and a member of the Law School faculty for more than 40 years before that. As President, he supported RFSA by providing funding for RFSA's spring and fall luncheons; and his staff also provided support behind-the-scenes in many ways for our organization. President Powers was known for fighting for what was best for our school and our community. He left us too young and is greatly missed.

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THE UNIVERSITY OF TEXAS RETIRED FACULTY-STAFF ASSOCIATION

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: *donnabell1015@gmail.com* or mailed to *Carol Barrett, RFSA Coordinator, Texas Exes / P.O. Box 7278 / Austin, TX 78713*