The Ohio State University Marching Band

By Nancy Wardwell

We have TBDBITL – and now it as been confirmed by the New York Times (November 25, 2015) that indeed, Ohio State has The Best Damn Band In The Land! The 225-piece “Pride of the Buckeyes” is one of the few all-brass and percussion bands in the U.S. and is definitely the largest. It performs at football games and other special fall semester events.

Its history dates back to the 1880s, and over the years the band has contributed many marching band innovations such as floating and animated formations, script writing, and the fast cadence with a high knee lift.

There are certain undeniably electric moments as the band performs on a Saturday. If the game happens to begin at noon, band members arrive by 4:30 a.m. The Skull Session always starts 2 hours and 15 minutes before kickoff, and fans fill St. John Arena to hear the band run through the day’s music.

The famous Ramp Entrance which started in 1928, happens about 20 minutes before kickoff and has remained virtually unchanged through the years. When the Drum Major’s plume touches the turf from the back bend, a cheer erupts from 100,000 fans!

Ready for the half-time show, the band kneels along the sidelines waiting for the signal. The shout goes up “8 to 5 and Drive! Drive! Drive!” The cadence is insured, with marchers hitting every 5 yards taking 8 steps exactly. The audience is assured of the very precise, driving, high-stepping glide to another spectacular show. Thanks to YouTube, more than 10 million people have viewed the half-time tribute to Michael Jackson.

Script Ohio is the signature formation. It was devised by band director Eugene Weigel and first performed in 1936. Weigel based the looped Ohio on the marquee sign of the Loew’s Ohio Theater in downtown Columbus. It was the Alumni Day performance that impressed the New York Times writer. “Roughly 900 performers, ranging from freshmen to 97 years old, spelled the word four times!” “Dazzling” is how it was described in the Times.

More than 400 hopefuls try out each summer for the 225 spots in the band. Each band member practices approximately 30 hours per week during football season to learn the music and field formations. If you are interested, thorough band information is available on the website tbdbitl.osu.edu, including command instructions and try-out information.

The Ohio State Marching Band is another facet that makes the University a great one — and the bands at other institutions add to the textures of college life. One could wish that the networks that find football coverage so valuable would cover the whole game-day experience!
FROM: The President

Dear Colleagues and Friends in OSURA,

When I was OSURA Vice President last year, one of my more interesting responsibilities was chairing the Nominating Committee, charged with recruiting candidates to be officers and at-large members of the Executive Board. (Vice President/President Elect Shirley McCoy will soon begin the process for this year.) Our committee realized the need for balance. People who had long been leaders in the organization provided vital institutional memory and understanding of how to get things done. But there was also a pressing need for new faces, often younger retirees who might become the leaders in the future.

In talking with people whose names had been suggested, I found in most cases people felt positively inclined to help if they could, but circumstances made that too difficult. Some spend winters in sunnier climes and others had demanding care-giving responsibilities. Many were already saturated with other volunteer activities that were all over the lot — helping talented high-school students with science projects; coordinating educational programs in Mexico; helping elderly and low-income people with their taxes; working with ESL students each week; cooking meals for the homeless; helping lead other campus-based organizations (e.g., Women’s Club and Torch), etc. Some were already serving on boards of several non-profit organizations, and a lot of members are re-employed back at Ohio State.

OSURA needs more than people willing to serve as officers; so many of the services that are valued by our members are done by people serving on our various committees. Compared to work for which one gets paid, a major advantage of volunteer activities is how greatly one’s efforts are appreciated; those helping to run OSURA events often receive heart-felt thanks. And at an OSURA meeting if I have more trouble than I used to remembering a word or someone’s name, tolerance is displayed, for which I am grateful. It is a supportive group.

Gerald H. Newsom
President, OSURA Executive Board

We Need You!

OSURA Nominations Committee is seeking OSU Retirees who want to get involved and make a difference in their association! We are seeking candidates for the OSURA Board of Directors: Vice President/President Elect, Secretary and three Member-at-Large positions.

The election will take place in April. The term of office will begin in July 2016. Descriptions of each office’s responsibilities are in the OSURA Operating Manual available on the OSURA Website. Please contact Shirley McCoy with your interest at mccoy.144@osu.edu.

And... feel free to suggest someone you think would do a good job!
Welcome New Retirees

Barbara J. Bechtol
Obstetrics & Gynecology

Suzanne M. Chizmar
University Controller

Lorie C. Fallon
James Cancer Hospital and Solove Research Institute

Cheryl D. Fischnic
Extension

Marilynn E. Harmon
Wexner Medical Center

Carol A. Harper
Wexner Medical Center

Michele M. Murphy
James Cancer Hospital and Solove Research Institute

Judith K. Novinc
Wexner Medical Center

Lorena R. Owings
OSU Health Plan Inc

Daniel L. Pierce
Obstetrics & Gynecology

Carolyn Rosser
University Hospital East

John L. Tripp
Center for Lake Erie Area Research

Ryland J. Truax
Mechanical & Aerospace Engineering

Frances D. Watson
Harding Hospital

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To Your Health

How do your numbers compare?

TOTAL CHOLESTEROL LEVEL

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<thead>
<tr>
<th>CATEGORY</th>
<th>TOTAL CHOLESTEROL LEVEL</th>
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<tbody>
<tr>
<td>Desirable</td>
<td>Less than 200mg/dL</td>
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<tr>
<td>Borderline high</td>
<td>200-239 mg/dL</td>
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<tr>
<td>High</td>
<td>240mg/dL and above</td>
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LDL (BAD) CHOLESTEROL LEVEL

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<th>LDL (BAD) CHOLESTEROL LEVEL</th>
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<tr>
<td>Optimal</td>
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<tr>
<td>Near optimal/above optimal</td>
<td>100-129mg/dL</td>
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<tr>
<td>Borderline high</td>
<td>130-159 mg/dL</td>
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<td>High</td>
<td>160-189 mg/dL</td>
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<tr>
<td>Very High</td>
<td>190 mg/dL and above</td>
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HDL (GOOD) CHOLESTEROL LEVEL

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<tr>
<td>Considered protective against heart disease</td>
<td>60 mg/dL and higher</td>
</tr>
<tr>
<td>The higher, the better</td>
<td>40-59 mg/dL</td>
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<tr>
<td>A major risk factor for heart disease</td>
<td>Less than 40 mg/dL</td>
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SYSTOLIC BLOOD PRESSURE

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<td>Normal</td>
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<tr>
<td>Prehypertension</td>
<td>120-139</td>
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<tr>
<td>Hypertension</td>
<td>140 or higher</td>
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DIASTOLIC BLOOD PRESSURE

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<td>Normal</td>
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<tr>
<td>Prehypertension</td>
<td>80-89</td>
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<tr>
<td>Hypertension</td>
<td>90 or higher</td>
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Source: National Heart, Lung, and Blood Institute
COMMITTEE MEETINGS

January 5 (Tuesday)
Benefits Committee
Time/Place: 9 a.m., HR, 300 Gateway Building C, 1590 N. High Street

January 12 (Tuesday)
Board Meeting
Time/Place: 9 a.m., Northwood-High Building, 2231 N. High Street

MONTHLY ACTIVITIES

January 14 (Thursday)
Photo Society
Program: “Land of Hiawatha” presented by Larry Kennedy. The talk will explore beautiful Northern Michigan & its upper peninsula during its most colorful autumn period.
Member Theme: “Scenic Grandeur” limit 3 images. Send digital files in a Power Point file (alternately in .jpg 96 or 72 dot/inch format) to jhuston1@columbus.rr.com. New members always welcome.
Time/Place: 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., member theme; 7:30 p.m., program; OSU Faculty Club.
Cost: On your own
Arranger: Lawrence Kennedy (Photographic Society SIG)

January 16 (Saturday)
Walking/Hiking Group
Challenge Level 2-4
Everyone welcome. Join us as we explore and walk the trails at Scioto Audubon Metro Park, Columbus’ urban park. The event will be cancelled if the weather conditions in Columbus that weekend create ice and snow on roads and paths.
Time/Place: 11 a.m., we’ll meet at the Nature Center parking lot at Scioto Audubon Metro Park, 400 West Whittier Street. Directions—From I-71, take the Greenlawn Avenue exit, east one-third of a mile and turn left on South Front Street. Go a quarter of a mile and turn left on West Whittier Street.
Entrance is one-third of a mile on left.
Arranger: Hallan Noltimier (Walking/Hiking SIG)

January 20 (Wednesday)
Book Club
The Rosie Project, by Graeme Simsion. Academic Don, age 40 and extremely socially challenged, decides he must get married. He develops a 16-page scientifically validated survey to find the perfect wife called The Wife Project. Rosie, a whirlwind of spontaneity, fails in all categories. The ensuing comedic romantic activities raise the question: What does science have to do with love?
Time/Place: 1 p.m., Carriage Hill of Arlington Party House, Lafayette Drive. Call Lee Hill (614-459-4743) for directions.
Arranger: Lee Hill (Book Club SIG)

January 21 (Thursday)
Lunch Bunch
REGISTRATION REQUIRED
Start the New Year right by joining us for an informative and interesting program by Thomas Rieland, general manager of WOSU Public Media. The title of his presentation is “A Short History of Wireless and WOSU – 1900 to Today.”
Time/Place: 1 p.m., Friendship Village of Dublin, North CR
Arranger: Steve Miller (Bridge Group SIG)

January 26 (Tuesday)
Tertulia Breakfast
Please join OSURA members and friends for breakfast and conversation.
Time/Place: 8 a.m., OSU Faculty Club.
Cost: On your own
Arranger: Jerry Dare (Tertulia Breakfast SIG)

January 27 (Wednesday)
Bridge Group
We’re back at the tables...please join us. We welcome new members. There is no membership fee and it costs only 25 cents for prizes the day you play. Come enjoy the fellowship, and have fun playing a good game of bridge at the same time.
Time/Place: 1 p.m., Friendship Village of Dublin, North CR
Arranger: Steve Miller (Bridge Group SIG)

January 28 (Thursday)
Dinner Series: How the SS Ohio Foiled the “Desert Fox” –
Presenter: Richard Hill
REGISTRATION REQUIRED
During World War II, German Field Marshall, Erwin Rommel, was impeded in his North African campaign by allied attacks on his supply lines from the island of Malta. To starve and obliterate Malta, Hitler initiated Operation Hercules. Tonight learn how the SS Ohio ran the dreaded Mediterranean gauntlet to save Malta and foil the “Desert Fox”.
Time/Place: 5:15 p.m., social hour (cash bar), followed by dinner at 6 p.m. and program at 7 p.m.; OSU Faculty Club.
Cost: $23 (service charge included)
Registration Deadline: January 25
Arranger: Howard Gauthier (Dinner Series SIG)
**SPECIAL EVENTS**

**January 15 (Friday)**
**2015 Income Tax Seminar**
Ray Krasniewski, retired Accounting and MIS, Linda Wiget, a Worthington CPA, and John Krupp will discuss Federal and State income tax issues for 2015. Pre-registration is not necessary.

**Time/Place:** 1 – 3 p.m., St. Andrew Bryce Eck Activity Center, 3880 Reed Road, Upper Arlington

**Cost:** No charge, no pre-registration

**Arranger:** Hallan Noltimier (Benefits Committee)

**January 23 (Saturday)**
**Special Health Event:** Sleep in Health and Disease
**REGISTRATION REQUIRED**
Sleep—the first hour will focus on how we sleep and common sleep disorders. The second topic will focus on sleep apnea. Each presentation will allow for questions and answers. Our expert speakers are Adam Pleister, MD, Assistant Professor, Divisions of Cardiovascular and Sleep Medicine, and Rami Khayat, MD, Director of the OSU Sleep Heart Program, Associate Professor, Divisions of Cardiovascular and Pulmonary, Critical Care and Sleep Medicine.

**Time/Place:** 8:45 – 11 a.m., Martha Morehouse Medical Plaza, 2050 Kenny Road

**Cost:** Free

**Registration Deadline:** January 21

**Arranger:** Sally Morgan (Health & Wellness SIG)

**January 26 (Tuesday)**
**The Sky in OSU’s Slettebak Planetarium**
**Challenge Level 1**
**REGISTRATION REQUIRED**
The recently renovated Slettebak Planetarium on OSU’s campus is impressing audiences. Shows fill up quickly, so register early. http://planetarium.osu.edu/

**Time/Place:** Two showings: 6 p.m. OR 7 p.m. – specify which show you wish to attend, 5033 Smith Lab, 174 W. 18th Ave, near College Ave, campus

**Cost:** Free

**Registration/Refund Deadline:** January 20

**Arranger:** Jerry Newsom (Cultural Arts Committee)

**February 5 (Friday)**
**BalletMet – Carmen.maquia**
(París, 1910)
**Challenge Level 1**
**REGISTRATION REQUIRED**
BalletMet is one of the first ballets to produce Gustavo Ramirez Sansano’s take on the iconic story, using orchestral music from the opera. Only $17 for group tickets!! Register by phone or email by January 22. Send a check by January 29. Tickets will be held at Will Call.

**Time/Place:** Curtain rises at 11 a.m. Seating is general, so plan to arrive early for best seats. Doors open around 10:15 a.m., Capitol Theatre, Riffe Center, 77 S. High Street

**Cost:** $17 (admission ticket)

**Registration/Refund Deadline:** January 22

**Arranger:** Alabelle Zghoul (Travel Committee)

**April 19 – 22 (Tues. – Fri.)**
**Let’s Visit the Windy City!**
(Chicago, IL)
**Challenge Level 2**
**REGISTRATION REQUIRED**
Join us for 4 days and 3 nights in the exciting windy city. We’ll experience 360 Chicago (formerly John Hancock Observatory), Chicago Architecture Cruise, Art Institute and the Field Museum. There will be time to explore on your own.

**Meet by:** 5:45 a.m. Tuesday, April 19, back parking lot at Kohl’s, 3360 Olentangy River Rd.

**Return:** Approximately 8 p.m. Friday, April 22

**Cost:** $855 double, $1134 single, $762 triple at the Fairfield Inn Downtown (on the Magnificent Mile). Cost includes motor coach transportation, 3 nights lodging, 3 breakfasts, 2 dinners, 1 lunch, tours, tour leader and tips.

**Registration/Payment Deadline:** $475 deposit due with reservation by January 5; final payment due March 1

**Cancellation/Refund Deadline:** January 5

**Arranger:** Alabelle Zghoul (Travel Committee)

**July 8 – 21**
**Spectacular Scandinavia**
(Norway, Denmark, Sweden)
**Challenge Level 4**
**REGISTRATION REQUIRED**
Enjoy touring Norway, Denmark, and Sweden. Visit Viking Ship Museum, palaces, ascend Briksdal Glacier on troll car, view towering mountains and amazing valleys. Then fly to Copenhagen, take in a relaxing harbor cruise and many other activities and events. Full itinerary is at gateway.gocollette.com/link/710315 and in registration packet. Contact Karen Gallien of Sun Deck Cruises at (877-855-4434) for registration packet.

**Depart:** TBA July 8, 2016 from CMH

**Return:** TBA July 21, 2016

**Cost:** $6579 double, $7679 single, $6479 triple; includes round-trip airfare from Columbus (air available from your local airport – cost may vary), tours, transfers, lodging, 19 meals, sightseeing per itinerary, cancellation waiver and insurance

**Registration/Payment Deadline:** $530 deposit due with reservation form by January 4, 2016, first come, first served (space is limited, so register early); final payment due May 9, 2016.

**Arranger:** Kay Adelsberger (Travel Committee)
The Cultural Arts Committee and the Travel Committee have joined forces to better serve our members.

OSURA News

FROM: The Benefits Committee

The press release regarding the OPERS latest in our efforts to repeal the ACA’s excise tax on health care providers.

**OPERS works to repeal ‘Cadillac tax’**

Plan would result in increased health care costs for retirees

WASHINGTON D.C. (Dec. 2, 2015) – The Ohio Public Employees Retirement System said today it will ask its members and retirees to urge elected officials to repeal the excise tax on health care providers that’s part of the Affordable Care Act. Known as the “Cadillac Tax,” the tax would be assessed to health care providers when the value of the coverage they offer exceeds certain thresholds. “The tax would cost OPERS millions of dollars and would cause us to shift more health care costs to our retirees,” said OPERS Executive Director Karen E. Carraher. “We need to act well in advance of the tax’s 2018 implementation date to prevent further cost increases and potential coverage reductions. Now is the time to act in support of our retirees.”

Starting today, OPERS is reaching out to its approximately 500,000 active members and retirees through blast emails, social media, newsletters, and video and website communications, urging them to contact the White House and key federal legislative leaders who are in a position to repeal the tax. They include House Speaker Paul Ryan, House Minority Leader Nancy Pelosi, Senate Majority Leader Mitch McConnell, Senate Minority Leader Harry Reid and Senator Orrin Hatch.

With the rising cost of health care, OPERS estimates the Cadillac tax would subject it to $25 million in taxes the first year alone. Starting in 2016, OPERS has already moderately increased out-of-pocket expenses, including deductibles and copays, in anticipation of the excise tax.

With assets of almost $87 billion, OPERS is the largest public pension fund in Ohio and the 11th-largest public pension fund in the United States. In operation since 1935, OPERS provides retirement, disability and survivor benefits for public employees throughout the state and serves more than 1 million members, including more than 203,000 retirees and beneficiaries.

In Memoriam

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Helen P. Alkire</td>
<td>November 14</td>
<td>Dance, 100</td>
</tr>
<tr>
<td>Ilsedore Maria Edse</td>
<td>December 4</td>
<td>Germanic Languages and Literature and OSURA, 97</td>
</tr>
<tr>
<td>Sun Ye Lee Hemming</td>
<td>November 4</td>
<td>OSU Hospital, 94</td>
</tr>
<tr>
<td>Rose Marie Husney</td>
<td>November 12</td>
<td>Wexner Medical Center and OSURA, 84</td>
</tr>
<tr>
<td>Donald Austin Lattimer</td>
<td>November 30</td>
<td></td>
</tr>
<tr>
<td>H. Lee “Buck” Mathews</td>
<td>December 6</td>
<td>Marketing, 76</td>
</tr>
<tr>
<td>Ann R. Milem</td>
<td>November 15</td>
<td>Wexner Medical Center, 81</td>
</tr>
<tr>
<td>Nancy K. Nordstrom</td>
<td>November 24</td>
<td>Dental Hygiene and OSURA, 74</td>
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<td>Mittie R. Ray</td>
<td>December 3</td>
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<td>Barbara Ann Reed</td>
<td>December 4</td>
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<tr>
<td>Ellis M. Short</td>
<td>November 21</td>
<td>Respiratory Therapy, 84</td>
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<tr>
<td>Walter C. Sweet</td>
<td>December 4</td>
<td>Geology, 88</td>
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SPOTLIGHT – ON AN OSURA SPECIAL INTEREST GROUP:

The OSU Faculty and Staff Photographic Society

The OSU Faculty & Staff Photographic Society, established in 1937, is one of the oldest organizations on campus. Its focus is on photography, sharing photographic experiences and techniques while enjoying the fellowship of other enthusiasts. Our membership encompasses the range from amateurs to semiprofessionals, and all are welcome to participate and interact to learn from each other.

To highlight members’ photographic contributions and expertise, the Society maintains a revolving display of members’ photos on the Faculty Club’s second floor gallery. It also promotes displaying members’ photos at various locations in the metropolitan area.

Over the last decade, there has been an explosion in the use of photography in all walks of life due to digital cameras and cell phones. Anytime one takes a photo, we expect to obtain a good result, but unfortunately this is often not the case. Composition, lighting, exposure, etc. all impact our resulting photographs. Interacting with peers in the Society provides an opportunity to become more knowledgeable of these influences and how to account for them. In addition, as part of our annual schedule of programs, we include discussions of techniques for post processing of our images in order to both salvage and enhance photographs. This should be beneficial to many of our existing members and as an attraction to new OSURA members.

As retirees, we have the opportunity to significantly interact with grandchildren and become a more significant part of their lives. We also have the opportunity to travel and explore remarkable local, national and international places, at a pace quite different from the often hectic aspects of one’s pre-retirement lives. These opportunities provide us the chance to better understand our families and the world, both their wonders and challenges. Reality is that because of technology and the exponential increase in people’s use of photography, virtually everyone is now a storyteller. What you see, what you learn, what you think, potentially affects a wide range of people. Photography allows one to share and remember these experiences which hold the opportunity for enriching one’s retirement & life.

JOIN US FOR OUR PHOTO AWARDS PROGRAM

Each February near Valentine’s Day, the Society highlights photographs taken by members during the past year, and external judges select the top photos. At the Society’s annual awards dinner, the judges present a program that examines the 30-40 submissions and evaluates their strengths and weaknesses. The analysis of individual photos provides an opportunity for those attending to gain insights in the arrangement of the visual elements in a photograph to increase its impact. Discussions led by the judges will focus on suggestions for enhancing one’s photographic skills to obtain outstanding photos. This meeting further provides the opportunity to see excellent photos of remarkable people, places and events accompanied by stimulating discussions and a Faculty Club dinner. Anyone interested in photography is invited to participate.

We invite you to join us for this interesting meeting and for a Valentine’s dinner.

Date: Thursday February 14, 2016
Place: OSU Faculty Club
Time: Cocktails and Dinner 5:30 p.m.
Program: 7 p.m.

If joining us for dinner prior to the program, please call the Faculty Club, 292-2262, to insure adequate seating.

In addition to our awards meeting, we invite OSURA members to join us and participate in our monthly meetings in the Faculty Club on the 2nd Thursday of each month. Cocktails & Dinner – 5:30 p.m.; Program – 7 p.m.

For additional information, contact Larry Kennedy at (Kennedy.15@osu.edu) or 614-256-7743.
“Helping You Hear The Sounds of Life”

Professional Hearing Care Services is pleased to announce the addition of Lois Barin, PhD, to our staff. Together with Paul Niswander, PhD, we now offer over 65 years combined experience in audiology and hearing healthcare.

Ask about our OSURA discounts

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Columbus, OH 43202
447-9671
www.hearingcarecolumbus

PAUL S. NISWANDER, PHD
Audiologist and OSURA Life Member

LOIS J. BARIN, PHD
Audiologist

“Blindness separates a person from things; deafness separates a person from people”
— Helen Keller