The Changes are NOW

By Nancy Wardwell

There are changes happening all over campus – some are the new entrance and the development of an arts center at 15th and High, the once beautiful Pomerene Hall is finally being restored, and iconic Mirror Lake is being reconstructed – again!

More on those later, because this Newsletter has very important information for OSURA members.

We have the same email and web addresses but we have a new postal address, new telephone contacts, and most important, new ways to register for our travels and activities!

See below for Registration Instructions.

New Registration Instructions

Registrations can be made by going on-line to www.osura.osu.edu, or by phone 614-292-2281 or 1-800-762-5646. You can pay by credit card, or if you mail in a check make it payable to OSUAA. Put the name of the trip in the Note/Memo section of the check and send or drop off to:

Customer Service

C/o OSURA

Longaberger Alumni House

2200 Olentangy River Road

Columbus, Ohio 43210

The reservation is not made until payment is received.
FROM: The President

Fellow OSURA Members, I send you Greetings of the Season!

OSURA has much to be thankful for this year! We have a new home with the Alumni Association. Chad Warren and Craig Little, as well as the rest of the Alumni Association Staff, have made us feel very welcome and have been essential in helping us make our transition. Also, I want to thank Diana Lantz, Michele Bondurant and Tami Jones for their assistance in our transition from Human Resources. Their support over the years has been invaluable for OSURA.

I am very grateful for the OSURA Board Members, Representatives and Committee Members who have brought OSURA Members another great year of opportunities to learn and enrich our lives through excellent events, which are communicated through this wonderful newsletter and website. I applaud our OSURA Member Volunteers for their time and efforts behind the scenes and on the front lines representing OSURA. If you haven’t attended an event yet this year, we will have lots of opportunities for you in 2017!

You will be receiving the OSURA Directory for 2016-17 Membership. It has lots of information about OSURA in it, but the most valuable information is the Membership Roster. You, the OSURA Members, are our most valuable asset. Our membership is rich with history, diversity and friendships. I invite you to support OSURA, if you are able, with a donation as you look at your end-of-year giving. All donations are tax deductible if you itemize. We have two endowments that we are building to sustain OSURA in the future. The OSURA Endowment [#605419] is our long-term sustaining fund, and our OSURA Support Fund [#315499] supports the newsletter, directory and other OSURA activities. If you are interested, there is more detailed information on the OSURA website and in the new OSURA Directory.

I am looking forward to a wonderful Christmas with my family with hopes of seeing a great Buckeye Football New Year. I wish you and yours all the Best in this Holiday Season!

Shirley Fields McCoy
President, OSURA Executive Board

Shirley Fields McCoy

OSU Foundation
OSURA Endowment Fund Number 605419
osura.osu.edu
At the fall meeting of the Ohio Council of Higher Education Retirees, President Roger Anderson of Bowling Green presented **DICK HILL** with membership in the OCHER Hall of Fame. Over many years, Dick’s research and reports brought important information to OCHER – as it did for OSURA.

*We all wish him well in his most recent retirement!*
**December 6 (Tuesday)**  
Benefits Committee  
*Time/Place:* 9:15 a.m., Longaberger Alumni House, 2200 Olentangy River Road

**December 13 (Tuesday)**  
Board Meeting  
*Time/Place:* 9 a.m., Longaberger Alumni House, 2200 Olentangy River Road

**December 8 (Thursday)**  
*Photo Society*  
*Program:* “Get the Shot” presented by Paul Fatella - How to work around the challenges of capturing preferred photographs will be discussed.  
*Member Theme:* “Photographs Of When You Have Gotten That Difficult Shot And Probably Did A Fist Pump!” 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 or mail files on a new CD to arrive 3 days before the meeting (J. Huston, 4095 Fenwick Rd., Columbus OH 43220), or bring prints (at least 8”x10”) to the meeting. New members welcome...faculty, staff, and friends.  
*Time/Place:* 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club. You MUST make reservations for dinner by calling 292-2262 by December 5.  
*Cost:* On your own  
*Arranger:* Lawrence Kennedy (Photographic Society SIG)

**December 17 (Saturday)**  
*Walking/Hiking Group*  
*Challenge Level: 2-4*  
Everyone welcome. Join us as we explore and walk the paths at Inniswood Metro Gardens  
*Time/Place:* 11 a.m., Inniswood Metro Gardens at the shelter by the parking lot;  
*Arranger:* Hallan Noltimier (Walking/Hiking SIG)  

**December Book Club**  
We are taking a break to celebrate the holidays. On our return, January 18th, we will discuss “The 100 Year Old Man Who Climbed Out the Window and Disappeared,” by Jonas Jonasson. Off to the bus station with his pocket change, having already lived an incredible life, Alan Karlsson proves age is no barrier to further adventures.  
*Arranger:* Lee Hill (Book Club SIG)

**December**  
*Tertulia Breakfast*  
No gathering in December.  
*Arranger:* Jerry Dare (Tertulia Breakfast SIG)

**December Bridge Group**  
Plan to be on deck in January when we gather again.  
*Arranger:* Larry Miller (Bridge Group SIG)

**December 5 (Monday)**  
*Lunch Bunch Holiday Buffet*  
Amelita Mirolo Barn  
REGISTRATION REQUIRED  
Delicious food! Good fellowship! Awesome entertainment! Fun gifts! Beautiful prizes! All this will be yours at the Holiday Buffet. *Bring canned or non-perishable items for the Buckeye Food Alliance.*  
*Time/Place:* 11:15 a.m., Sunny 95 Park, 4395 Carriage Hill Lane, Upper Arlington.  
*Cost:* Bring a favorite dish (with serving utensil) to share. Meat, beverages, and tableware will be provided.  
*Registration Deadline:* December 1  
*Arrangers:* Phyllis Carroll and Elenore Zeller (Social Committee)

**December 9 (Friday)**  
*La Comedia Dinner Theater—A Christmas Carol*  
Springboro, OH  
*Challenge Level: 1*  
REGISTRATION CLOSED  
Meet by: 9:30 a.m. back parking lot at Kohl’s, 3360 Olentangy River Road  
*Return:* 5 p.m.  
*Arrangers:* Jessica Pritchard and Karen Kitts (Travel Committee)

**Special Events**

**December 5 (Monday)**  
*Lunch Bunch Holiday Buffet*  
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**Challenge Levels**

1. **Light**  
   - may include a few stairs.
2. **Moderate**  
   - may include a few sets of stairs.
3. **Moderate +**  
   - may include climbing many stairs and/or uneven terrain.
4. **High**  
   - may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

Gary Berntson gave a great talk to the October Dinner Series about detecting deception.
January 13 (Friday)
2016 Income Tax Seminar
Tax experts will discuss Federal and State income tax issues for 2016. Pre-registration is not necessary.
Time/Place: 1 – 3 p.m., Longaberger Alumni House, 2200 Olentangy River Road
Cost: No charge
Arranger: Hallan Noltimier (Benefits Committee)

January 21 (Saturday)
Special Health Event – Understanding Addiction: Squirrel Logic
REGISTRATION REQUIRED
Using a mood-altering drug over time creates fundamental changes to the brain that lead to compulsive and self-destructive behavior. It feels like we are dealing with squirrels! This presentation looks at the effects of alcohol and drugs on the brain, how one becomes addicted and how we currently treat addiction. Brad Lander, PhD, LICDC Psychologist/Clinical Director in Addiction Medicine, will present this program.
Time/Place: Check-in 8:30 a.m.; program 9 -11 a.m., Martha Morehouse Medical Plaza, 2050 Kenny Road
Cost: Free
Registration Deadline: January 17 – email OSURA.Health.Wellness@gmail.com
Arranger: Elaine Glass (Health & Wellness SIG)

September 2 – 10, 2017
The “Magnificent” Canadian Rockies
Vancouver, Jasper, Lake Louise, Banff, Calgary
Challenge Level 4
REGISTRATION REQUIRED
We’ll take a tour of Vancouver, ride VIA Rail’s “The Canadian” to begin overnight train travel to Jasper, travel along the Icefields Parkway en route to Lake Louise and Banff... and finish our adventure in Calgary. Full itinerary is at gateway.gocollette.com/ link/766996 and in registration packet. Contact Karen Gallien of Sun Deck Cruises at (877-855-4434) for registration packet.
Depart: TBA September 2, 2017 (Saturday) from CMH
Return: TBA September 10, 2017 (Sunday)
Cost: $5,199 double, $6199 single, $5149 triple; includes round trip airfare from Columbus (air available from your local airport – cost may vary), taxes and fees, transfers, tours, lodging, 13 meals, sightseeing per itinerary, cancellation waiver, and insurance
Registration/Payment Deadline: $600 deposit due with reservation form by February 23, 2017, first come, first served; final payment due July 4, 2017.
Arranger: Alabelle Zghoul (Travel Committee)

Events in the Works...
The following event is in the planning stages—preparations are not far enough along to accept reservations, but it is listed here so you can mark it on your calendar. When all details are in place (cost, times, content, etc.), it will be listed in the Calendar of Events; until then, if you want information, contact the arranger.

September 12 – 16
Stratford Festival
Ontario, Canada
Arranger: Odette Blum (Cultural Arts Committee)
MEMBER SPOTLIGHT:
Tammi Hall

Tammi Hall found her work at The Ohio State University so rewarding that once she got here, she stayed 35 years. During her years of service with the University Police Division, she had a variety of responsibilities: Before becoming a University police officer she worked in Traffic and Parking. As a police officer, she was involved with court services, the student safety service, crime prevention and patrol. She retired from the University Police with the rank of Lieutenant.

Shortly after retirement in 2010 she took some trips with OSURA, which she enjoyed. She would like to do more traveling, but now caring for her grandchildren as well as spending the winter in Florida occupies her time. She looks forward to learning about all the opportunities available through OSURA as published in the newsletter.

Writing Membership Checks

We now write checks to:
“The Ohio State University Foundation”
(not OSUAA)

In the Note/Memo line designate:
“OSURA Membership”

Farooq Wirk of the Noor Islamic Cultural Center provided OSURA members with a wonderful introduction to Islam. His knowledge and enthusiasm were greatly appreciated!

Twenty people attended a Short North Gallery Hop and visited the Hammond Harkins Gallery, pictured here, the Sherrie Gallery, and the Joseph Editions Gallery. Les Benedict of Cultural Arts did the arranging.
To Your Health

Holiday Stress?

This time of year can be filled with joy and **STRESS**.

**TRY THESE OUT:**

1. Ask yourself what you can do about the sources of your stress. Think through the pros and cons. Take action where you can.
2. Keep a positive, realistic attitude.
3. Stand up for yourself in a polite way. Share your feelings, opinions, or beliefs, instead of becoming angry, defensive, or passive.
4. Learn and practice relaxation techniques. Try breathing exercises, meditation, prayer, yoga, or tai chi.
5. Exercise regularly. You’ll feel better and be more prepared to handle problems.
7. Try to manage your time wisely.
8. Say no, where you can, to things that would add more stress to your life.
9. Make time for hobbies and interests.
10. Get enough rest and sleep. Your body needs time to recover from stressful events.
11. Don’t rely on alcohol, drugs, or food to help against stress. Ease up on caffeine, too.
12. Spend time with people you love.
13. If you need more help, talk with a counselor or take a stress management class.

Source: WebMD and American Heart Association

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**FROM THE HEALTH AND WELLNESS SIG:**

**Understanding Addiction: Squirrel Logic**

**Saturday January 21, 2017**

**Brad Lander, PhD, LICDC-CS**

Dr. Lander is a Clinical Psychologist and Licensed Independent Chemical Dependency

9 – 9:40 a.m..........Part I
9:40 – 9:50 a.m ......Questions
10 minute break
10 – 10:40 a.m. ......Part II
10:40 – 11 a.m. ......Questions

Martha Morehouse Medical Plaza
2050 Kenny Rd, Columbus, Ohio 43221

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**In Memoriam**

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FIRST COMMUNITY VILLAGE

PREMIER HOMES AT THE PREMIER SENIOR COMMUNITY

Come experience a carefree lifestyle in Upper Arlington. Our spacious, private manor homes are a quick walk or drive from everything Columbus has to offer.

Schedule a tour or learn more at (888) 467-0618 or firstcommunityvillage.org.

Between November 1 and January 15 there are some 29 holidays observed by 7 of the world’s major religions!

Happy Holidays

From your OSURA Executive Board