

## TCU RETIREES' MAY LUNCHEON PROGRAM

# The Role of the Media in our Democracy

We are delighted to welcome Bob Ray Sanders, someone familiar to most of us, as our May 15 luncheon speaker.

Sanders' journalism career spans more than four decades and three media: newspaper, television, and radio. He retired in 2015 from the Fort Worth Star-Telegram, the newspaper where he began his professional career. As a young journalist with the paper, he served as courthouse reporter and political writer before embarking on a distinguished career in broadcasting. Sanders later returned to the newspaper as a columnist, and also was appointed associate editor, vice president, and a member of the Editorial Board.

He joined KERA-TV in 1972 as a reporter for the station's innovative Newsroom program. Sanders later served as vice president of KERA-TV and host and producer of the station's award-winning program, News Addition. He also was executive producer of the highly acclaimed PBS series, With Ossie & Ruby, starring Ossie Davis and Ruby Dee.

A 1969 graduate of North Texas State University, Sanders is past president of the Press Club of Fort Worth. He is a member of the Society of Professional Journalists, the National Association of Black Journalists, and the Dallas/Fort Worth Association of Black Journalists. He currently serves on the advisory boards of AIDS



**Bob Ray Sanders**

Outreach Center in Fort Worth and Goodwill Industries.

Sanders also has served as a Professional in Residence teaching two courses, Race, Gender, and Mass Media and Opinion Writing, in the Department of Journalism in the Bob Schieffer College of Communication at TCU.

Sanders has received some of journalism's most prestigious awards, among them: five awards from the Houston, New York, and Chicago film festivals, five Dallas Press Club KATIE Awards, three Corporation for Public Broadcasting Awards; a regional Emmy Award; a National As-

sociation of Black Journalists award for Best TV Sports Feature, and a National Headliner Award for outstanding investigative reporting.

He is married to Dorothy Brown-Sanders. They have one son, Chandon.

Luncheon reservations are requested by Wednesday, May 9, online at [tcura.tcu.edu](http://tcura.tcu.edu), or to Joan Yates by email at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or phone at 817- 292-7087. Retirees who attend the luncheon for the first time are guests of TCURA and are welcome to eat free. Making a reservation is important because you want a place to sit and food to eat. Park in the Kelly Center parking lot or in the parking garage on the west side of the Ranch Management Building.



### Monthly Luncheons

**May 15, 2018** (third Tuesday)

Please make online reservation(s) by Wednesday, May 9, or to Joan Yates at [j.yates@tcu.edu](mailto:j.yates@tcu.edu) or at 817-292-7087.

**Information about the summer coffee with the Chancellor** will appear in the next newsletter.

# A unique organization full of promise

**M**y term as president of TCURA will end May 31. I am grateful and have been honored to serve with many good colleagues during the past year.

Given the constructive 35-year history of our Association, all of us who served this year were building on the work and development of the past leaders of TCURA.

Now, we look ahead with anticipation toward the positive future of the Association. New colleagues will assume leaderships positions as they join current Executive Council members to form a team that will provide stellar leadership as we expect to grow in membership, programs, and



**PRESIDENT'S COLUMN**  
*Larry Adams*

services.

The plans for next year are exciting and will enhance and strengthen our organization.

I'll close with a reminder: As

retired faculty and staff members who served at all levels in departments and units across campus, I hope you never forget the contribution each of you made to students and to the building of the University. Your work is reflected in the lives of former students and in the quality of TCU today. Fortunately, now you - the contributors and builders - are members of TCURA. That makes ours a rather unique organization, comprised of capable members and full of promise for the future.

TCURA's best days lie ahead! I'll be there as a member, staying connected to friends and colleagues and to the University.

## Vote for Executive Council Scheduled at May luncheon

The nominating committee of the TCU Retirees' Association submits the following members as officers for the 2018-2019 academic year, Stan Hagadone said at the April meeting.

President--Janet George Herald

Past President--Larry Adams

Vice President--Julie Baker

Secretary--Donna Johnson

Treasurer--Wendy Crowley

Newsletter Editor--Nancy Madsen

Health and Wellness--Stan Hagadone

Communication--Chuck Lamb

Membership--Richard Sybesma

List Master--Judy Groulx

Development Coordinator--Paul Hartman

UCAC Representative--Linda Moore

Bridge Committee Representative--Kirk Downey



The election of officers is scheduled at the May 15 monthly luncheon. Additional nominations may be made from the floor before the vote, Hagadone said.

## TCURA ON TOUR



Photo by Janet George Herald

**Molly Devine, left, representing Fraternity & Sorority Life at TCU, discusses the Greek Village project during a tour of the new sorority houses in Worth Hills for TCURA members after the April luncheon. Some retirees who visited a chapter house were Leslie Flores, Bob Garwell, Jean Walbridge, and Joyce Raessler.**

## TCU RETIREES' ASSOCIATION PRESENTS INAUGURAL AWARD

# “A TCU Treasure” Award Honors Two Distinguished, Emeritus Professors

Two retired professors - Emmet Smith and Manfred “Manny” Reinecke - were both recognized as a “A TCU Treasure” by the TCU Retirees' Association recently. The award was established this year to salute selected faculty and staff members for their distinguished career through work that brought recognition both to themselves and to the University.

The surprise element regarding the announcement of the first recipient of A TCU Treasure award took on double meaning when Larry Adams told the April luncheon group two TCU Treasures would receive the inaugural award.

Smith, emeritus professor of organ and music, and Reinecke, emeritus professor of chemistry, were nominated for the award by their fellow retirees and selected by the executive council of the Retirees Association. Both received a cash stipend of \$500 and a crystal vase with an engraved base.

Stan Hagadone, chair of the selection committee, said:

“Although they both taught in quite different fields, the two honorees share many of the same attributes -- a strong commitment to teaching and learning, as attested to by their former students, major contributions to their respective professional fields, and service to the TCU community. Each individual has remained active in their professional work and in the University. Their legacies are reflected in their former students who readily acknowledge each faculty member for preparing them for careers in music and medicine and in life.”

Larry Adams, president of the Retirees Association, said:

“Professors Smith and Reinecke represent the best of us in fulfilling the mission and values of the



Emmet Smith

Photos by Houston McCullough



Manfred “Manny” Reinecke

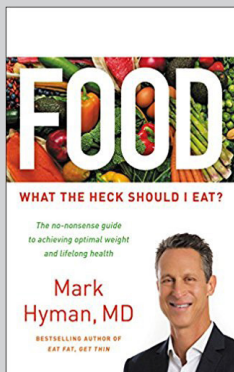
University. Each colleague is indeed A TCU Treasure.”



[www.facebook.com/groups/428179197519846/](https://www.facebook.com/groups/428179197519846/)

Sign in to Facebook and type  
TCU Retirees' Association  
in the search line.

## COFFEE, BOOKS & CONVERSATION



Coffee, Books & Conversation will meet at 10 a.m. on Wednesday, May 9, in Room 211 at University Christian Church.

Mark your calendars.

The book “Food: What the Heck Should I Eat?” by Mark Hyman, M.D. was chosen for the May meeting. Judy Smith said it is an important and interesting new book with advice for finding the best foods in order to maintain good health.

All are welcome.

Judy Smith, 817-921-4798

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# Swimming to Improve Balance and Well-being

Earlier this year, I presented information in this column about ways to improve balance as one ages. According to the National Institutes of Health (NIH), 30 percent of Americans over the age of 65 years fall every year and contribute to falls as the leading cause of fractures, loss of independence, and hospital admissions. Causes of falls include slippery floors, poor eyesight, low blood pressure, and problems with balance and body stability as one ages.

Recently I found an article that supports swimming as an excellent activity to prevent falls and wanted to share it here. Evidence from international studies indicates swimmers lower their risk of falling as compared to golfers and runners. Swimmers also have fewer fractures than those who do not routinely swim.

What are the benefits of swimming and how does it improve balance and overall well-being?

- Swimming improves one's thinking and processing abilities, lowers



**HEALTH HELP NOW**  
by Carolyn Spence Cagle

elevated blood pressure, and helps hand-eye coordination.

- Swimming increases blood flow to the brain and helps relax persons for improved mental health and overall well-being.

- Swimming exercises core muscles (center of body), and arms and legs based on one's water depth and movement pattern. Water exercises increase joint flexibility and muscle strength and endurance to improve body stability. In particular, water exercise increases flexibility of those with shoulder, knee, and hip problems to decrease pain in those joints.

- Swimming offers safety beyond other forms of exercise by allowing one to regain balance once lost. Combined with land-based exercises and warm-up and cool-down water exercises, swimming can truly improve your balance.

- Swimming provides exercise for any age person, unlike other forms of exercise that become more difficult with aging. Swimming is an activity that one can do with friends and family too, strengthening social connections important to healthy aging.

TCU retirees are lucky to have the Rec Center pool to experience the benefits of swimming. Swimming availability at YMCAs, parks, and even one's personal pool offer other options for incorporating this important exercise into your 2018 health program.

## References:

Ducharme, J. Taking the plunge. *Time*, 191(7-8), February 26, 2018.

The no. 1 exercise that could prevent falls. *Nextavenue.org.*, February 7, 2018

## TCU Retirees' Association Executive Council 2017-2018\*

\* Terms of officers end May 31, 2018.

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## MISSION STATEMENT

The Texas Christian University Retirees' Association exists to provide opportunities for fellowship, to promote lifelong learning, to advocate for fair benefits, to recognize the accomplishments of its members, and to strengthen the relationship between the retirees and the University.

## NOTE

If you do not wish to continue receiving this newsletter, notify the newsletter editor or any of the others listed as contacts here. *Thank you.*