

TCU RETIREES' OCTOBER LUNCHEON PROGRAM



Dr. R. Nowell Donovan, TCU Provost and Vice Chancellor for Academic Affairs

Academic Planning At TCU During This Century — *Oxymoron Or Biblical Truth?*

A light-hearted look at planning at TCU – the Commission on the Future; Vision in Action - the original; Vision in Action – the Academy of Tomorrow; Vision in Action – Lead On.

Is planning an exercise that creates reports to fill bookshelves with unread and unreadable files or is it the essential underpinning of academic improvement? The TCU Case History explores these questions. Come hear Dr. Donovan's interpretation.

Reservations are requested by Wednesday, Oct. 4. Reminder about two changes regarding the monthly luncheon: Reservations go to Joan Yates and the cost of the meal has increased slightly to \$12. Retirees who attend the luncheon for the first time are guests of TCURA and get to eat free.

Reservations for the luncheon may be

made online at tcura.tcu.edu under the Programs and Events tab or to Joan Yates by email at j.yates@tcu.edu or phone at 817-292-7087.

Making a reservation is important for two reasons. You want a place to sit and food to eat. When making reservations, please indicate if you or a guest have dietary restrictions or preferences such as a vegetarian meal. Even if you indicate you are not eating, please make a reservation, so you will have a place to sit. If you are eating, pay \$12 at the door.

Park in the Kelly Center parking lot, unless construction prohibits, or in the parking garage between the Kelly Center and Ranch Management buildings. Enter the Kelly Center from the patio near Lot 6. You may want to allow extra time to park because construction and activities near the Kelly Center sometimes require more time to get inside for lunch.

WHAT YOU SHOULD KNOW ABOUT...

Dr. R. Nowell Donovan

Dr. R. Nowell Donovan came to TCU from Oklahoma State University in 1986 when he accepted the Charles B. Moncrief Chair of Geology. Dr. Donovan earned his Ph.D. in Geology from the University of Newcastle upon Tyne, England, in 1972. He is currently the Provost & Vice Chancellor for Academic Affairs at TCU.

Among his many awards and honors are the Panhellenic Council's "Most Outstanding Professor at TCU" in 1996 and 1997, and the House of Representatives' "TCU Outstanding Professor of the Year" in 2000. In 2002 he was voted the "Most Charismatic Professor" at TCU by the Panhellenic Council. Recently, he has been an integral part of implementing the interdisciplinary programs of the Academy of Tomorrow and the Great Themes.

Dr. Donovan serves on the board of directors of the Botanical Research Institute of Texas and the Fort Worth Opera. He and his wife, Jeanne, have two daughters, Erin and Corrie, who are both Horned Frogs.

Monthly Luncheons

October 10, 2017
November 14, 2017
December 5, 2017 (first Tuesday)
January 16, 2018 (third Tuesday)
February 13, 2018
March 13, 2018
April 17, 2018 (third Tuesday)
May 15, 2018 (third Tuesday)

Please make reservation(s) by the
Wednesday before a luncheon

New Season Signals the Cycle of Change and Satisfaction

With autumn quickly approaching in Texas, we are beginning to sense the arrival of cooler weather and changes in the foliage of trees. Of course, our colleagues reading this in Colorado, Michigan, Maine, and other parts of the country already are experiencing the changes. We think of you living in those areas as you enjoy marked changes in the weather and the beautiful surrounding landscapes.

In this fall season, TCU and other schools are well underway now with another academic year. A snapshot of daily activities on campus includes students engaged in active learning, staff members working with students in numerous programs, faculty members teaching and conducting research and creative activities, colleagues engaged in administrative work, the football team and marching band, musical performances, and much more.



PRESIDENT'S COLUMN
Larry Adams

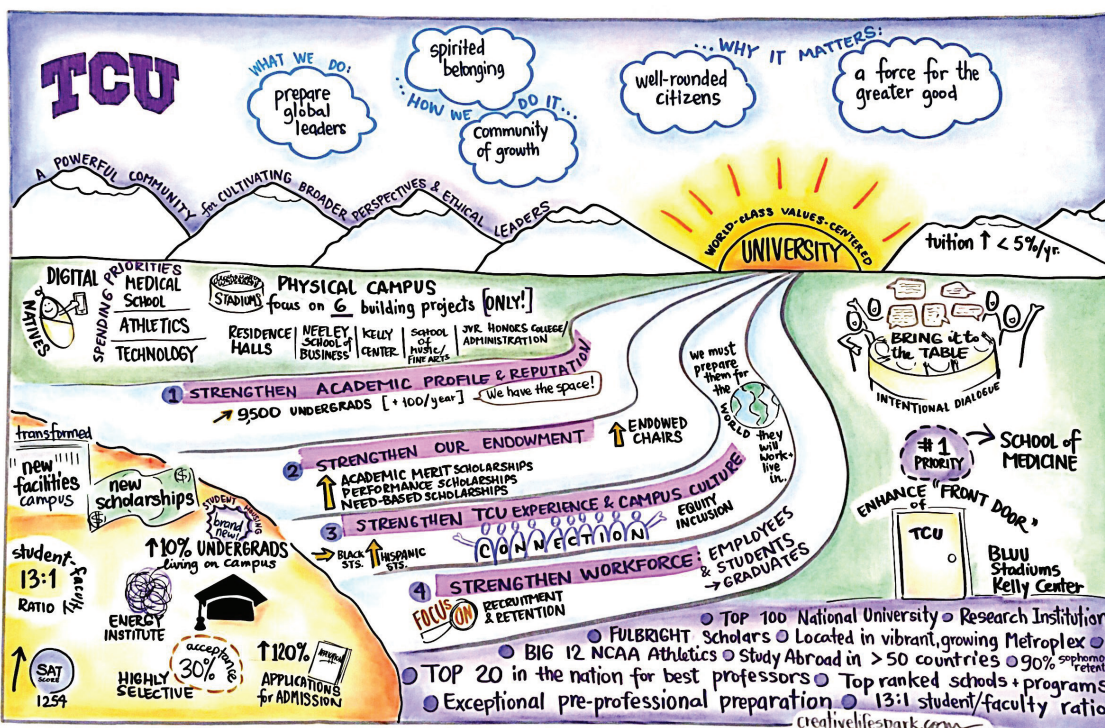
It's an exciting time on campus!

As you think back about your time on campus and your professional work, you should be proud of your contributions toward making TCU the high-quality institution it is today. You helped build and shape TCU! Your good work is reflected in the strength of university departments and programs today and in the lives

of many, many former students. I hope you have a sense of satisfaction and pride in your contributions to the university.

Given our time and careers at TCU, I assume that our minds always will be attuned to the cycles of academic years and semesters. And, although we are no longer on campus each day, we always will be connected to the university in a variety of ways: through continuing medical benefits, following athletic teams and games, attending performances and lectures, social interaction with colleagues, and we hope through TCURA! In fact, we want our association always to be there to help facilitate those connections.

Finally, we appreciate your continuing connection with TCURA and look forward to seeing you at the October luncheon and at our other programs.



Vision in Action: Lead On Makes A Creative Start Down The Road

This graphic recording will highlight Provost Nowell Donovan's light-hearted look at TCU planning.

Tips for a Better Retirement Life

This is the second of a two-part series featuring three of our TCURA colleagues writing about their experiences in post-career living. In this issue Joan Rogers, Curt Wilson, and Sandy Record reflect on their activities and offer suggestions for living an engaged, fulfilling life.

The authors do not offer their comments as prescriptions for “successful” senior living, but simply to share practices or principles that have been beneficial for them. Also, even though you may know some or most of the suggestions, it seems worthwhile to have them confirmed in the words of colleagues and friends.

Curt Wilson

Professor of Music - Director of Jazz Studies Emeritus (1976-2011)

Duke Ellington said “It Don’t Mean A Thing If It Ain’t Got That Swing...”

Fortunately, retirement has kept me swinging, although at a bit slower pace. I consider myself very fortunate to be able to continue my involvement in music as a performer, conductor, and composer/arranger.

I am playing clarinet in the Bucket List Jazz Band. The leader is 96 years young and still sounds great. We perform around the Metroplex, but we call Shipping and Receiving home, appearing at the live music venue at 201 S. Calhoun St. twice each month. (Go to our website at www.bucketlistjazzband for a schedule.)

We offer the very best in classic Dixieland-Swing-Jazz. I now have time to compose and arrange full-time. In addition to writing music for the Bucket Listers, I have had a dozen compositions and arrangements published since retiring. I have written saxophone solo/symphony orchestra arrangements for Chris Vadala, professor of saxophone at the University of Maryland and former soloist with Chuck Mangione.

Jazz trumpet artists Mike Vax (former lead trumpet with Stan Kenton) and Ronald Romm (Canadian Brass)

recorded my arrangement of “Up Jumped Spring” for their new album Collaboration. The Baltimore Symphony Orchestra and Chorus performed my arrangement of “Christmas Time Is Here” in 2012.

One of my greatest joys has been the opportunity to conduct former students in the Curt Wilson Alumni Jazz Band. Every three years since my retirement they have organized a concert tour.

In 2012, we performed in London and the American Cemetery in Normandy. In 2015, we performed in Perugia, Italy, at the Umbria Jazz Festival and in Nice, France, at the Nice Jazz Festival. Next summer we will perform in Scotland!

Kay and I are enthusiastic TCU football fans and follow the Frogs at home and away. I still love hearing the TCU Horned Frog Marching Band perform my “Deep In The Heart” and the TCU Alma Mater at each home football game. I wrote the Alma Mater arrangement during a North Dakota blizzard in 1968 – about 50 years ago – and it still gets a standing ovation every time it is played!

Wait a second - did I say “retirement?”

One conclusion after reading all of the articles by our colleagues: “Retirement” is a word that needs to be redefined in our cultural lexicon. As others have noted, we may be retired from a career, but we are not retired from living. Therefore, we need a better descriptor for those of us now in the “second chapter” of our lives. As you see in these articles, post-career living has involved new roles, new directions, new ventures, and new appreciations -- all leading to a valued and rewarding chapter of our lives.

— Larry Adams, TCURA President

Sandra Hawk Record

Manager, Strategic Internal Communications (1996 - 2015)

Let’s talk about Saturdays.

Back when you taught and/or kept office hours, what did you like best about Saturday? For me, it was the leisurely mornings.

I’m not an early riser by nature so having HOURS to greet the weekend, with coffee and newspapers in bed, reading email and text messages before even putting my feet on the floor...what a luxury.

And now, since retiring two years ago, it’s my daily routine. EVERY SINGLE DAY OF THE WEEK! It’s heavenly approaching each day leisurely after 50 years of that 8-to-5 routine.

What a waste of time I hear you saying. And to that I say, to each his (or her) own. Maybe what you love about Saturdays is a long walk or run, or hitting the grocery store before it gets too crowded, or tending your garden, or enjoying dinner with friends, or taking in a movie.

Well, now that you’re retired, it’s Saturday every day of the week.

How to fill all those days? If you’re already involved in a number of hobbies and off-campus activities, you have an easy answer. But if you’re like me (not much of a hobbyist or a joiner), you’ve got to experiment a bit. Volunteer work is an obvious answer and there are many,

RETIREMENT TIPS from P3

many options.

My first thought was to work with small animals since I love dogs and cats and have always had a pet since childhood. Humane Society, that's for me. One morning of training was all it took. You set your own schedule so you go when it's convenient for you and stay as long as you want.

When school started that first fall, I joined a friend in a new volunteer experience...mentoring a child. Not as a tutor, but as an older friend who spends an hour each week getting to know and enjoy my little first grader. She's in third grade now, and we will still spend an hour together each Monday through the school year. Sometimes it feels like she's mentoring me!

Joan Rogers

Admissions 1978-1995, Trustee 1996 - present

I have been retired for more than 20 years from my much-loved job in admissions, so I have a fairly long-term perspective on retirement. I left admissions to assume a true "labor of love" position as an "active duty" grandma for our precious granddaughter. The years whizzed by and precious granddaughter is now a senior at TCU - not needing an "active duty" grandma for a decade or so. My true experience with retirement began about that time.

I agree wholeheartedly with Art Ehlmann that a sense of humor is a great blessing. Speaking of blessings, Art himself was such a blessing to so many of us. His wonderful words about retirement last month (see September newsletter) are just a treasure. How sorely he will be missed!!! I agree with Bronson Davis that staying in touch with friends is a blessing as well. And I agree with all of Becky Roach's hints. These three friends left me with not too much to add, but I do have a few suggestions:

...stay active as long as your health

Most of my friends are also retired, and I've seen them involved in a wide range of volunteer opportunities, from museum docent to hospice visitor, to rocking crack babies, the Food Bank, or Meals On Wheels. Where or with whom does your heart lie?

Want to revisit an old hobby or try a new one? You can find lessons in nearly any hobby, from the artistic to the mundane. Any sport. Any form of exercise. What have you often thought about trying, but never seemed to get around to it?

Track it down, that notion in the back of your head and get it on your retirement to-do list. You've got 365 Saturdays a year to fill.

permits; i.e., hit a tennis ball, ride a bike, walk the dog, dig in the garden, catch a fish, go for a swim, hit a golf ball, go dancing, or join a yoga group. (This list is endless.)

...learn more about the computer on your desk and the cellphone in your pocket or purse. Your 8-year-old grandchild can help with this hint or maybe take an Extended Education class.

...practice a neglected skill; i.e., playing the piano, guitar, or ukelele; painting, woodworking, knitting, or another interest.

...take lessons to improve those skills.

...do something to challenge your brain each day; i.e., crosswords, Sudoku, jigsaw puzzles, or others.

...join groups with similar interests as yours; i.e., reading, Mahjong, bridge, crafts, or attend lectures.

That last hint definitely should include TCURA for all of us who are retired from TCU; but be careful, you might be talked into writing "a few words" for the newsletter.

TCU SILVER FROGS

The Passion for Learning Grows in Extended Education

By Julie Lovett

TCU Silver Frogs is a membership organization in Extended Education for folks 50+ who share a love for learning and community. Members plan and participate in daytime short four-week non-credit classes, one-time lectures, luncheon lectures, and special events. Semester membership rates are \$130 for individuals or \$234 per couple. There are currently 410 TCU Silver Frogs.

As a TCU Retiree, you can be a part of the TCU Silver Frogs in two ways—you can teach for the Silver Frogs—share your passion, your expertise, your interests! Spring 2018 proposals are being accepted now at <http://bit.ly/2y4iVmJ> online. While the listed deadline was Sept. 15, we are extending that to make sure we have enough programs!

The other option is to become a TCU Silver Frog. This program is open to the community, so members do not have to be alumni or former employees. To receive advance emails on becoming a Silver Frog for the Spring 2018 semester, email us at lifelong@tcu.edu and let us know you want to be added to the mailing list. We grow each semester, but we also sell out our memberships each semester! We typically open our membership drive in early to mid-November.

If you have questions about the Silver Frogs, please contact Julie Lovett, j.n.lovett@tcu.edu or 817-257-7132.

TCU HUMAN RESOURCES

Insurance Open Enrollment for 2018 Begins Soon

By Tracy Thompson

Is the annual enrollment period for insurance on your radar? The time is almost upon us. General information about the different insurance plans and enrollment periods is described here.

OneExchange Participants:

The Medicare Annual Enrollment Period for Medicare Advantage plans and Prescription Drug plans runs from Oct. 15 through Dec. 7.

Contact OneExchange at 1-888-429-8490 if you want to explore 2018 Medicare coverage options. It is a great time to review your Prescription Drug plan with a OneExchange Benefits Advisor to determine if a change is needed for 2018.

Important: Please be sure that any changes in your Medicare plans are handled through OneExchange. Enrollment in a Medigap (Medicare

Supplement) or a Medicare Advantage plan through the OneExchange platform is required to maintain your Health Reimbursement Account.

Under 65 Retiree Medical:

Open Enrollment for retirees younger than 65 who participate in the TCU medical plan runs from Oct. 23 through Nov. 3. You will NOT need to submit an enrollment form unless you want to change your coverage. Watch your home mailboxes in October for your packet from Human Resources.

Dental and Vision:

Open enrollment for dental and vision plans begins Oct. 23 through Nov. 3. No action is required of you unless you wish to make changes to your current coverage. Information on 2018 premiums and enrollment forms are coming to your mailbox in October.

TCU Retirees Honored Across Campus by Donors

Sixty-five TCU retirees have been honored with their names placed on endowed student scholarships and awards, according to the TCU 2016-17 Endowment Report.

Twenty faculty and staff retirees have been honored with their names on endowed chairs and professorships, programs, and on rooms or larger spaces within buildings across campus, the report stated.

A wide range of donors - former students, families, and friends of TCU - have honored current and deceased faculty and staff members through the years by making financial contributions to support students and programs. Recognition from these donors credits professors and staff members for their role in working with students through teaching, mentoring, service, and programs at TCU.

Named or endowed scholarships and awards, professorships, programs, and spaces honor retirees and will continue to provide support for students and recognition for TCU, the report stated.

The November issue of this newsletter will feature a story about one TCU retiree who has been honored in a significant way.

REEL AGING



TCURA's Reel Aging series will continue at 10 a.m. Tuesday, Oct. 24, in the Justin Board Room at the Kelly Center featuring Cocoon, a 1985 film directed by Ron Howard.

Paul Hartman will lead the discussion after the film.

Cocoon is an Oscar-winning fantasy in which the residents of a Florida rest home get a new lease on life when they stumble across an alien "fountain of youth" in a disused holiday home.

Unbeknown to them, aliens have been using the swimming pool in the house to store their cocooned brethren, giving the waters a powerful, rejuvenating quality.



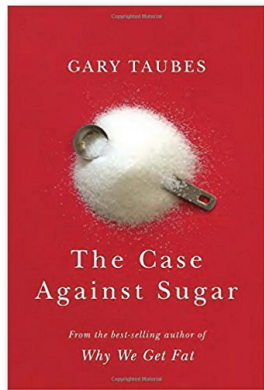
www.facebook.com/groups/428179197519846/

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

Our page will come up!

COFFEE, BOOKS & CONVERSATION

Coffee, Books & Conversation will meet at 10 a.m. Wednesday, Oct. 11, in the library at University Christian Church.



The book group will discuss Gary Taubes' book, "The Case Against Sugar."

Judy Smith described the book as "a groundbreaking expose that argues persuasively that our consumption of sugar is a society-wide health problem and the trigger for many of our serious diseases."

Taubes has written extensively about diet and chronic illness, notably in a 2002 New York Times Magazine cover story that challenged the low-fat orthodoxy of the day, Dan Barber wrote in a Jan. 2 book review in the New York Times. Taubes expanded the magazine

article into two books, "Good Calories, Bad Calories" in 2007 and "Why We Get Fat" in 2010.

Smith invites TCU retirees to attend the book discussion group. The next two meetings this fall are scheduled Nov. 8 and Dec. 13. Books are selected for discussion one month in advance. For more information, send an email to Smith at j.o.smith@tcu.edu or call 817-921-4798

SEPTEMBER LUNCHEON

Wendy Crowley collects the September luncheon fee from Jean Andrus as Janet George Herald, background, prepares to greet retirees and guests gathering at the September luncheon. (Maggie B. Thomas)

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

* Terms of officers end May 31, 2018.

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Addison and Randolph Clark donned special viewing glasses for the partial solar eclipse Aug. 21 at TCU. (C. Magnus L. Rittby)

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.*