

TCU RETIREEES' FEBRUARY LUNCHEON

Bobbie Wygant: Talking to the Stars

Bobbie Wygant, an Emmy Award winning broadcast legend, will talk at the TCU Retirees' February Luncheon about her trailblazing career in television. Her presentation will draw from her recently published memoir, *Talking To the Stars: Bobbie Wygant's Seventy Years in Television*. She will recall her experiences as an arts and entertainment reporter for Dallas-Fort Worth's Channel 5. Started in 1948 by Amon G. Carter, WBAP (now KXAS) was the first television station west of the Mississippi, and Bobbie was there from the beginning. Like everyone else on the staff at the time, Bobbie did a little bit of everything, including writing copy, acting in live advertisements and on-air skits. Soon, it was evident that she connected well with celebrities.

In a career spanning seven decades, she has interviewed thousands of the most notable entertainers and celebrities since the 1950s—from Bob Hope, Jane Fonda, and Denzel Washington to Meryl Streep, Gwyneth Paltrow,



BOBBIE WYGANT

and Matt Damon. Bobbie was live on the air with her popular midday program Dateline on November 22, 1963, when news broke of JFK's assassination. A few months later, during their debut tour of the US, she interviewed the Beatles. In addition to charming and often funny accounts of her interviews with the stars, Bobbie's personal observations of television broadcasting as it emerged at WBAP-TV offer fascinating insights into the infancy of today's multi-billion-

dollar industry. Bob Schieffer even credits her with helping him get into broadcast news!

A founding member of the National Broadcast Film Critics Association, Bobbie continues to do what she loves—working at NBC 5 as a freelance arts and entertainment reporter. In 2000, she won the association's "Critics' Critic Award," and in 2004 she was inducted into the Gold Circle of the National Academy of Television Arts and Sciences.

PLEASE NOTE:
Reservations for the
February meeting are due
Monday, February 11, so
please RSVP as soon as
possible online at tcura.tcu.edu
or by contacting
Joan Yates at
j.yates@tcu.edu or
817-292-7087.

**LUNCHEON
DATES**

**FEB 19
MAR 19**

**APR 16
MAY 21**

PRESIDENT'S COLUMN

The Hopes and Concerns of Retirement

I have mentioned previously in this column that TCURA's Executive Council was considering an idea that Julie and I brought back from the AROHE conference. Actually, it was not a completely new idea for us but is now going to come to fruition thanks to Larry Adams and Stan Hagadone taking the lead to plan it.

On Thursday, April 10, TCURA will sponsor an afternoon panel and group discussion currently titled "The Hopes and Concerns of Retirement." It will be open to any and all current faculty and staff who are considering retirement and focus on the social and psychological aspects of retirement.

Each individual has a different story about his or her retirement journey. That journey starts pre-retirement, primarily with financial planning and continues through the transition to retirement and beyond. For some, retirement offers more time with family (read grandchildren) or travel adventures or pursuing "bucket



JANET GEORGE HERALD

list" activities, be they exotic or simply learning a new hobby. Some people want more time to focus on their health and well-being. Others enjoy more time for volunteerism and service to others.

But there are also legitimate concerns for folks considering retirement whether they are financial or relational or a potential loss of the identity one associates with his or her work. Let's face it, it's scary

to consider the unknowns after a life defined and supported by your work. While some people love the opportunity to sleep late and do what they want to do when they want to do it, others find the lack of structure disconcerting. And not everyone's spouse is anxious to have them around all day, every day!

TCURA can help prospective retirees consider these and many more issues related to retirement by sharing our experiences. I'm excited about this program that should provide a real service to the TCU community and be something we can continue and develop further in the future. Stay tuned for more information in the next couple of months and start promoting it to your campus colleagues who are still "in the trenches."

I look forward to seeing you at our February luncheon.

TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2018-2019

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COLUMNIST NANCY MADSEN

Retiree Spotlight: Leo Munson



Newly retired after 35 years at TCU, Dr. Leo Munson is looking forward to an absence of routine.

"I don't want to get up, eat breakfast, shower and rush out the door at the same time every morning," he said. "I've never been able to take my time and have a cup of coffee while reading the morning newspaper, and I enjoy quiet and leisurely mornings with (his wife) Maureen."

Leo came to TCU in 1983 after earning a master's degree from Creighton University in Omaha (he had received his bachelor's degree from Colorado State University and later earned a doctorate at North Texas). He initially served as the second Director of Scholarships and Financial Aid succeeding Logan Ware. In 1989 he was promoted

to Assistant Vice Chancellor overseeing the offices of the Registrar, Financial Aid, Undergraduate Admissions, Enrollment Management and Extended Education. In 1991 he accepted the additional role of Dean of Undergraduate Admissions. In 1996 Vice Chancellor Bill Koehler separated Undergraduate Admissions from Leo's purview, but subsequently gave him responsibility for the Center for Teaching Excellence, Summer School, the Center for Instructional Services and the Center for Academic Services.

Under Provost R. Nowell Donovan, Leo was promoted to Associate Provost for Academic Support and was allowed direct access to the academic deans for planning and renovation of academic facilities, faculty offices and classrooms. In other words, he's done just about everything at TCU!

One of Leo's favorite parts of his service at TCU was the "ability to interact across campus with a variety of constituencies and colleagues."

"Without a doubt being a part of the incredible rise in TCU's reputation has been the pinnacle (of his career at TCU)," he said. "When I first came, Dr. Koehler and the academic deans talked of the importance of raising

the University's profile to insure that the student's diploma would become a more valuable commodity in Texas, the region and nationally. The discussions always had students and alumni benefit as the goal. We were allowed to be entrepreneurial but in a very calculated way to insure that if we failed, neither the budget nor the University's reputation would suffer."

Although Leo says he and Maureen are basically "home bodies," he says in retirement they will probably travel more to visit family in Denver, Michigan and Washington, D.C., and he also plans to enjoy tinkering with projects on his property as well as a 1965 Mustang he purchased on a trip to Michigan about 10 years ago in order to get it "road worthy."

Leo said he believes that TCU's future will be a "glorious one."

"I truly believe the faculty and staff generations who preceded my time and those who joined me on the recent trek have put the University in a position to continue its upward trajectory. But if the leadership forgets the importance of assembling a committed and creative team, that solutions are a team effort, that no one person has all the answers, and that a challenging student experience both in and out of the classroom is a mandate, we could see a period of regression."

WELCOME NEW MEMBERS:

Recent retirees who attended the January TCURA luncheon included
Dick Hoban

A TCU Treasure Award to Honor Exemplary Service by a TCU Retiree

Last year our first “A TCU Treasure” award was presented to two deserving retirees, Manny Reinecke and Emmet Smith. The award, which includes a \$500 stipend, will be presented again this year at our April 16 luncheon to another retired faculty or staff member for his/her contributions toward fulfilling the mission and values of TCU.

We are seeking nominations

of deserving candidates to recognize teaching, research, creativity, innovation, leadership or contributions to specific programs and activities. A TCU Treasure will be a living person recognized for both personal achievements and for enhancing the reputation of the university.

Send nominations by Wednesday, February 27, to Larry Adams, past

president of TCURA, at l.adams@tcu.edu or to TCURA at TCU Box 298200, Fort Worth, TX 76129. TCURA's Executive Council will select the person considered A TCU Treasure. This award is one of the benefits made possible by your contributions to TCURA.

COLUMNIST CAROLYN SPENCE CAGLE PHD, RNC-E

Alzheimer's Disease: New Hope with Research and Evidence

Welcome to 2019 and I hope a productive and healthy year. My goal for the “Health Help Now” columns continues to focus on providing information to inform your life choices and ways to actively engage with aging for overall health. That said, I could not wait to share new research and evidence on cognitive decline, including symptoms of dementia associated with Alzheimer's disease, that affect the quality of life and health of 5.7 million persons in our country. The diagnosis and care of those persons cost an estimated \$277B in 2018 with undefined costs to family caregivers and their loved ones.

Like many diseases, uncontrollable factors such as

one's genetic history (presence of APOE4 gene) and age play a role in Alzheimer's and other cognitive (thinking) decline disorders that affect memory and information processing for functional health. However, other factors such as controlling one's blood pressure, eating a healthy diet, and exercising may prevent or delay the incidence of chronic illnesses, including dementia.

One recent NC 3-year clinical trial in NC (“SPRINT MIND”) involved 9300 older persons with heart problems or at high risk for heart problems to examine the effect of controlling blood pressure (BP) on minimizing mild cognitive impairment (MCI) considered a gateway to dementia.

Dementia is a degenerative disease affiliated with Alzheimer's. Participants who lowered their systolic BP (top number) to 120 mm Hg decreased their risk of cognitive decline and dementia by 15% as compared to participants who lowered their systolic BP to 140 mm Hg. Much like high BP that stresses blood vessels and contributes to stroke, kidney, and heart disease, high BP contributes to inflammation and brain lesions (dead areas) that prevent nerve cell communication for thinking. High BP causes damage of fragile brain arteries needed for brain oxygen and nutrient delivery essential for thinking and other mental processes.

Read the entire article online at Tcura.tcu.edu.

ARTS AND ANTIQUES INTEREST GROUP

Thursday, March 21, 2019
3 p.m. | Sid Richardson Museum
309 Main Street

The Arts and Antiques Interest Group will hold its next meeting at 3 p.m. on Thursday, March 21, 2019, at the Sid Richardson Museum, 309 Main Street. The program will focus on the exhibition, *Another Frontier*,

Frederick Remington's East, with Director Mary Burke talking about the organization of the exhibition and TCU's Dr. Mark Thistlethwaite, holder of the Kay and Velma Kimbell Chair in Art History, talking about the work in the exhibition.

Validated parking is available in Sundance Garage I, 201 Commerce,

immediately north of 2nd Street, and Sundance Garage II, located in the 400 block of Calhoun Street. Free valet parking is available on the west side of Main Street at 3rd Street. Bring your parking ticket to the Museum for validation.

COFFEE, BOOKS AND CONVERSATION

The next meeting of Coffee, Books & Conversation will be on Wednesday, February 20, at 10 a.m. in room 202 at University Christian Church.

We will be discussing the novel, "A Gentleman in Moscow," by Amor Towles. Beautifully written and entertaining, "it buzzes with the

energy of numerous adventures, love affairs and twists of fate." It all takes place, beginning in June, 1922, in the grand Hotel Metropol in Moscow across the street from the Kremlin where Count Alexander Rostov, an indomitable man of erudition and wit, is under house arrest for the rest of his life.

Karen Stone will review the book and talk about the Hotel Metropol, with pictures to share, where she and her husband recently stayed on a trip to Russia.

All TCU retirees are invited whether you have read the book or not. Judy Smith (817-921-4798)

OTHER

The next **Bridge** special interest group meeting will be Friday, February 8, at 1 p.m. at Julie Baker's home, 6324 Arrowhead Road, Fort Worth 76132. All are welcome!

Please join us.

If you are interested in joining the **Mah-jongg** special interest group, **contact** Jane Mackay at j.mackay@tcu.edu.

TCU This Week is now available on our web site at tcu.tcu.edu. Click on the link in the lower right corner of the home page.

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.



Henry Curtis "Jim" Kelly,
 Chemistry;
Jane Livesay,
 College of Education

**IF YOU ARE
 INTERESTED IN
 STARTING A SPECIAL
 INTEREST GROUP,
 CONTACT CHUCK
 LAMB AT
C.LAMB@TCU.EDU.**



Photos from the January TCURA luncheon (from top left): 1) Chuck Lamb, Julie Baker and the January luncheon speaker, J.R. "Jack" Edmondson 2) Howard Stone and Larry Adams 3) Joan Rogers and Tommy Love 4) Leslie Flores, Judy and Bob Garwell and Arturo Flores 5) Claudia Knott and Alison Moreland 6) Mary Lane and Jean Andrus 7) Alice Frye, TCURA President Janet George Herald and Maggie Thomas 8) Jack Edmondson portrayed John Wayne and Sam Houston to tell the history of Fort Worth at the January luncheon. *All photos taken by Deana Ray*

NOTE

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



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Search "TCU Retirees' Association" in the search line, and filter by groups. Click the "Join" button.