

TCU RETIREES' NOVEMBER LUNCHEON

Dr. Blair Norman and Bo Soderbergh



**DR. BLAIR NORMAN,
ATTORNEY AT LAW**

The November 19 TCURA meeting will feature a double header: a 10 a.m. meeting with Dr. Blair Norman on estate planning, and Bo Soderbergh speaking on the Tarrant Area Food Bank during the luncheon that starts at 11:30.

Norman, an estate planning and probate attorney, plans to give a brief presentation on why getting our estate plan, including wills, incapacity documents and beneficiary designations, prepared and/or reviewed is so vitally important. He will discuss the probate system in

Texas as well as talk about revocable living trusts, current federal estate, gift and GST tax limits and review the charity planning that can be achieved with our IRAs. The program will be held in the Tucker Scully Room of the Dee J. Kelly Alumni & Visitors Center. Space is limited, so please sign up ASAP on the TCURA website, tcura.tcu.edu.

Norman received a BBA degree in finance in 1988 from the University of Oklahoma and a law degree with honors in 1994 from Oklahoma City University School of Law.

He was licensed to practice law in Texas in 1994 and with his wife Catherine is a principal of Norman & Norman P.C. focusing his practice in the area of estate planning and probate. Norman became Board Certified in Estate Planning and Probate by the Texas Board of Legal Specialization in 1999.

Norman is a Southwestern Exposition and Livestock Show Board member, past chairman of the Fort Worth Stock Show Syndicate, and a past president of the Tarrant County Young Lawyers Association. He was named the Outstanding

Young Lawyer in Tarrant County in 2003.

Norman has addressed numerous civic, church and professional organizations on subjects concerning estate planning and probate and currently teaches estate planning as part of TCU's extended education program. He has been an instructor in estate planning for TCU's certified financial planner program.

The Normans' daughter, Savannah Jane, is a junior at Duke University, and son Jackson is a first year student at Trinity University.

The annual luncheon will follow Norman's presentation at 11:30 a.m. in the Cox Ballroom of the Kelly Center. Bo Soderbergh, executive
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PLEASE NOTE:

Reservations for the November 19 meeting are due Monday, November 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**

**NOVEMBER 19
DECEMBER 10**

**JANUARY 21
FEBRUARY 18
MARCH 17**

**APRIL 21
MAY 19**

PRESIDENT'S COLUMN

Thanks and Giving

It's fall (for a moment!) which means nostalgia. I had a recent conversation with my best friend and soul mate of 50 years about the changes retirement brings. We had concerns that we weren't as productive as we once were or want to be now. Nostalgia can bring anxiety but then we remembered all our shared experiences and accomplishments and those memories brought us so much joy. To use the slogan of St Jude's Children's Hospital as we enter this holiday season, there is so much that we can examine more closely and be thankful for: life events, places visited, school years begun and ended, football games played and won. Thank goodness for my special granddaughter (and my granddog). I have made wonderful friends over the years, particularly because I worked at TCU, and am thankful to be part of the TCU family. As TCURA members, TCU has given us health care support, a budget for the organization to improve programming, places to meet



LINDA MOORE

as a group, and support from HR in the face of Tracy Thompson. It has also given us life-long and new friends. Most of us can give thanks.

However, this is also the season of giving. In November Bo Soderbergh, Executive Director of the Tarrant Area Food Bank, will share what they do, how they have grown, and how we can

help them give more. November 13 is TCU Gives day. Last year TCURA raised \$3500.00. We can do it again this year. This fall TCU kicks off the Lead On: A TCU Campaign. We can contribute there as well. We can give when we volunteer with whomever we serve. TCURA is filled with people who give of themselves and their talents in a variety of places to help make this world a better place. I am proud to be a part of it.

This newsletter is a double, covering November and December. Read it carefully so you know what is coming during this season of thanks and giving. Attend our special pre-luncheon program with Blair Norman discussing wills on November 19. Join us in December for our holiday music luncheon thanks to the TCU Department of Music. Let's all be thankful for what we have. Let's also reach out and see what we can give - to each other and those who may need our support.

TCU RETIREES' ASSOCIATION EXECUTIVE COUNCIL 2019-2020

TERMS OF OFFICE END MAY 2020.

<p>Officers</p> <p>President Linda Moore 817-924-5330 l.moore@tcu.edu</p> <p>Vice President Suzanne Huffman 817-481-0228 s.huffman@tcu.edu</p> <p>Secretary Donna Johnson 817-927-4620 d.m.johnson@tcu.edu</p>	<p>Treasurer Wendy Crowley 817-657-6687 wencro@aol.com</p> <p>Past President Janet George Herald 817-360-1061 jgherald@gmail.com</p> <p>Other Council members UCAC representative Arturo Flores a.flores@tcu.edu</p>	<p>Membership Chair Richard Sybesma 817-343-1547 r.sybesma@tcu.edu</p> <p>Communications Chair Dee Dodson 817-992-5807 d.dodson@tcu.edu</p> <p>Health and Wellness Chair Andy Fort 817-821-1041 a.fort@tcu.edu</p>	<p>Representatives-at-Large Development Coordinator Paul Hartman 766-720-5777 paul.hartman@tcu.edu</p> <p>Membership List Master Judy Groulx 817-366-5333 j.groulx@tcu.edu</p>	<p>Newsletter Nancy Madsen, Editor 817-938-4341 n.madsen@tcu.edu</p> <p>TCURA email address: tcura@tcu.edu</p>
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Dr. Blair Norman and Bo Soderbergh

director of Tarrant Area Food Bank, will speak about the food bank, hunger in our community and his vision for the future.

Born in Stockholm, Sweden in 1950, Bo came to Fort Worth in 1969 to attend Texas Christian University where he earned bachelor's and master's degrees. Since 1997, he has served as executive director of Tarrant Area Food Bank – a regional non-profit organization serving 13 counties in North Texas.

Bo is a member and past president of Feeding Texas, a statewide nonprofit working toward a hunger-free Texas. He is also a past president of the Rotary Club of Fort Worth.



BO SODERBERGH
TARRANT AREA FOOD BANK

During his tenure, Tarrant Area Food Bank has been an innovator in sourcing food and developing

vital partnerships with members of the food industry, providing food and resources through a network of 270 partner agencies serving the hungry in North Texas and building a dedicated base of donors and volunteers who support TAFB'S vision of communities where no one has to go hungry.

Bo is married to Dr. Joyce Mauk and they have four children: Jenny, age 28 – a consultant with Deloitte in Washington D.C., Carl, 32 - a cartoonist, Eric 28 – pre-school teacher and Lars, 26, currently teaching English in Japan. His hobbies include music, reading and hiking.

Insurance Open Enrollment for 2020

Is the annual enrollment period for insurance on your radar? The time is upon us. Below is general information on the different insurance plans and enrollment periods.

Via Benefits Participants:

The Medicare Annual Enrollment Period for Medicare Advantage plans and Prescription Drug plans runs from October 15 through December 7, 2019. Contact Via Benefits at 1-888-429-8490 if you want to explore 2020 Medicare coverage options. It is a great time to review your Prescription Drug plan with a Via Benefits Benefit Advisor to determine if a change is needed for 2020. Important: Please be sure that any changes in

your Medicare plans are handled through Via Benefits. Enrollment in a Medigap (Medicare Supplement) or a Medicare Advantage plan through the Via Benefits platform is required to maintain your Health Reimbursement Account. The TCU contribution to the Health Reimbursement Account for 2020 is \$3072.00 per person, per year.

Under 65 Retiree Medical:

Open Enrollment for retirees under the age of 65 who participate in the TCU medical plan runs from October 28 through November 8, 2019. You will NOT need to submit an enrollment form unless you want to change your coverage. Information from Human Resources is scheduled

to be mailed to your home mailbox the week of October 21.

Dental and Vision:

Open enrollment for dental and vision plans is October 28 through November 8, 2019. No action is required of you unless you wish to make changes to your current coverage. Information from Human Resources is scheduled to be mailed to your home mailbox the week of October 21. Premiums on the TCU Dental and Vision plans are not changing in 2020.

As always, contact Tracy in Human Resources at 817-257-5017 if you have questions or concerns.

A TCU TREASURE AWARDEE

Dr. Manfred Reinecke



DR. MANFRED REINECKE

As one of the first two recipients of the 2018 TCU Treasure Award, Editor Nancy Madsen has asked me to write a short article regarding [a] getting the award, [b] my career at TCU and [c] what I enjoy about my retirement. With regard to [a] I was especially flattered to share this honor with Emmett Smith who is the first person I would have selected to receive this award based on his many years of service to TCU and especially as TCURA president in both 2007 and 2011.

[b] My career at TCU began in 1964 as an assistant professor with a B.S. in chemistry from the University of Wisconsin and a Ph.D. in organic

chemistry from the University of California at Berkeley. I retired from TCU in 2006 as full professor and am presently one of several TCU Cecil and Ida Green Distinguished Emeritus Tutors. During my tenure at TCU, I spent sabbatical research leaves at the University of Tübingen in Germany (1971-2), at the Institutes of Plant Biochemistry in Halle and the Central Institute of Organic Chemistry in East Berlin (1979), at the University of British Columbia (1987) and at the National Institutes of Health (1995). I also chaired the Pre-Health Professions Advisory Committee (HPAC) from 1973 until 1991, the Faculty Senate in 1973, the Retirement and Insurance Committee and was Director of the 1981 TCU Self Study.

Aside from research I enjoyed teaching organic chemistry, a sophomore level course required of chemistry and pre-health majors. Through this course and as Chair of HPAC I got to know many students who today are practicing physicians and dentists several of whom have served our family, including delivering several of our grandchildren. In addition to classes and advising I particularly recall the parties in our backyard which included being thrown into the

swimming pool taking several students with me. In class I especially recall an incident when, after writing several chemical reactions on the chalk board, I turned around to face an audience where it seemed every student was smoking a cigar, an obvious reference to my tendency to smoke cigars in my office (legal at that time). I continued my lecture without comment until the final day of the semester when my course summary included cartoons of people in obvious distress from something they inhaled. I stopped smoking that year.

[c] In retirement, I have continued my research on natural products and anti-HIV drugs in collaboration with two TCU graduates, Dr. Charles Gibbs, also a TCU retiree, and Dr. Edward Robinson (deceased) of the University of California at Irvine School of Medicine. I am a Regional Editor of Natural Product Communications, on the Editorial Advisory Board of The Natural Product Journal and on the Honorary Editorial Board of Botany: Targets and Therapy. Finally, let me thank the TCURA for selecting me as a TCU Treasure and the opportunity to continue to participate in the activities of this organization.

JOIN US!

**The December TCURA meeting will be held December 10
in the Cox Ballroom of the Kelly Center. Reservations should be made by Monday, December 2.
Please RSVP online at tcura.tcu.edu or by contacting Joan Yates at
j.yates@tcu.edu or 817-292-7087.**

TCU Gives Day

The TCU Office of Loyalty Giving has designated November 13 as the date for the annual TCU Gives Day event. "This is a great opportunity to support both our university and our association," TCURA president Linda Moore said. "Your gift is tax deductible and can be counted both toward the university's goal as well as make an investment in TCURA's programs," she continued.

Your TCU Gives Day gift will help the university earn a \$100,000 challenge from former TCU parents, Kathy and Dan Nikolai. At the same

time, President Moore noted, a gift to TCURA assists both in maintaining the organization's modest budget and making program expansion possible. Contributions help pay for budget lines such as these:

- Honoraria for speakers and entertainers
- Website updates and improvement
- Printing and mailing costs
- Design of the newsletter
- Underwrite new program ventures

- Participation in the AROHE, the national association of university retiree organizations

Last year 44 TCURA members made gifts on TCU Gives Day. Total contributions for the year amounted to more than \$3,500.

Go to <http://tcugivesday.tcu.edu> or write and mail a check in any amount. Checks should be made to TCU with a notation both for TCURA and TCU Gives Day.

Special Interest Group Announcements

Coffee, Books & Conversation will be discussing "The Zookeeper's Wife," by Diane Ackerman, at our next meeting, Wednesday, November 13, at 10 AM in room 202 at University Christian Church. It is the true story of zookeepers in Warsaw, Poland, who managed to save over 300 Jews from the Nazis by hiding refugees in the empty animal cages. The author

combines extensive research and an exuberant writing style to recreate this forgotten true-life story.

We decided NOT to meet in busy December, but in the new year on Wednesday, January 8. For that meeting we chose the book, "The Secrets We Kept" by Lara Prescott, a gripping new novel based on the true story of the Cold War struggle to get a

copy of Pasternak's "Doctor Zhivago" out of Russia into publication, and the CIA's clandestine attempt to smuggle the banned masterpiece back behind the Iron Curtain.

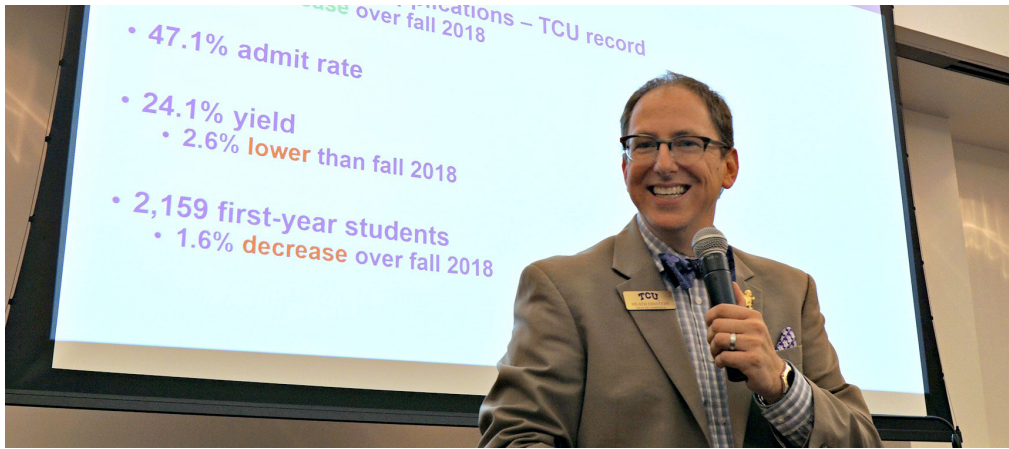
All retirees are welcome! For more information please contact Judy Smith at j.o.smith@tcu.edu or call 817-921-4798.

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.



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



Photos from the October TCURA coffee (from top left): 1) TCU Dean of Admission Heath Einstein spoke at the October TCURA luncheon 2) Larry and Suzy Adams 3) Heath Einstein talks to TCU retirees at the October luncheon 4) Janet George Herald and Joan Rogers 5) Joan Yates and Kathryn Schruha 6) TCURA President Linda Moore greets speaker Heath Einstein at the October luncheon 7) Wayne and Joan Barcellona in the buffet line at the October 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.



FIND US ON FACEBOOK

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