

## Calling All Golden Eagles!

If you have good news to share or have a change of address, tell us so that we can update our records and share your news with your fellow EWURA members and friends in an upcoming issue of *The Golden Eagle Call*.

### Please send to:

EWURA, The Golden Eagle Call, 506 F Street, Cheney, WA 99004-2402

Name \_\_\_\_\_

Retirement Year \_\_\_\_\_ Department \_\_\_\_\_

Emeritus/a?  Yes  No Title at Retirement: \_\_\_\_\_

Address \_\_\_\_\_

Is address new?  Yes  No Phone(s) \_\_\_\_\_

E-mail(s) \_\_\_\_\_

Your News \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cheney, WA 99004-2402  
506 F Street  
Governor Martin House

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WASHINGTON UNIVERSITY



# The Golden Eagle Call

Eastern Washington University Retirees Association

September 2008

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### Address

To contact the EWURA Board:  
Governor Martin Alumni House  
506 F Street  
Cheney, WA 99004-2402

### Newsletter Editor

Pat Spanjer: [pspanjer@ewu.edu](mailto:pspanjer@ewu.edu)

## Program Notes

### Third Thursdays

Coffee, 9:30 a.m.  
Presentation, 10-11 a.m.

## Fall Calendar

**Sept. 18 (Thursday):** Tour the new University Recreation Center. Come to 263 PUB at 9:30 a.m. for coffee and conversation. Everyone will take the short walk over to the Rec Center at 10 a.m. for a guided tour of the skating rink, climbing wall, running track, gym, fitness space and more.

**Oct. 16 (Thursday):** Meet at the EWU Music Building auditorium at 9:30 a.m. for refreshments, and then enjoy a concert at 10 a.m. Listen to musical performances by scholarship students and faculty members.

**Nov. 20 (Thursday):** Learn how to protect yourself from the tricks people use to get you to divulge personal information such as Social Security numbers, passwords and credit card numbers when Skye Hagen of EWU's Information Technology Department presents "The Art of Deception." Come to 263 PUB at 9:30 a.m. for refreshments, followed by the presentation at 10 a.m.

## EWU Retirees Support Concept of University Retirement Community



Pam Elkind, Rick Fleck and Marty Johnston presented options for university retirement communities at the May 15 EWURA meeting in Cheney.

University retirement communities are springing up around the nation, and there may be at least one coming to the Cheney-Spokane area in the not-too-distant future.

EWURA members who attended

the May 15 meeting at the PUB in Cheney learned about such communities and agreed in principle that one near Eastern or Spokane's University District would be appropriate and suitable for university retirees.

"My first experience with a nursing home was with my father-in-law and it was not good," said Dr. Marty Johnston of Health Services Administration. "My mother-in-law moved to a retirement community, and that has been a good experience. She is 96 and still independent in her retirement community."

Johnston went on to explain that although many retirees from the northern states go south, they tend to come back to their roots about 10 years later. When they return, they are often grieving the loss of a spouse and friends and are looking for new friends, security and good health care. Retirees from universities and colleges frequently seek volunteer opportunities at their former institutions, which means their universities and students benefit when they provide services that keep retirees close. University-based retirement communities (UBRCs), which got started on or near university campuses about 20 years ago, provide all that some retirees want or need.

Johnston and EWURA members Dr. Pam Elkind and Rick Fleck described and showed photos of some UBRCs they've toured. Rental units are usually apartment-style of 600-1,700 square feet, providing one daily meal, housekeeping and maintenance, community activities and limited health care. They usually carry entrance and monthly fees.

Continuing care units provide an insurance-type product that offers housing, services similar to the rental option, assisted living, skilled nursing care and in-home nursing.

Johnston and Elkind said some of the nation's UBRCs got started with land or development costs donated by private citizens or corporations, and some received land donated by their nearby universities' foundations.

Elkind said that the EWU School of Social Work Center on Aging supports the concept of a local UBRC, and she is beginning the task of finding out what EWU retirees and alumni would want from a retirement community, if rental or buy-in would be preferable, if Cheney or Spokane would be more appropriate, and if a rural or urban setting would be more desirable.

"We have the baby boomers coming," Johnston said, backing that up with facts to further support the need for a local UBRC: The majority of people spend two to two and a half years in a nursing home. As we grow older, convenience becomes more important than staying in our own home. The average age of people moving into retirement communities is early 80s. People in retirement communities tend to live longer, healthier lives than those who don't.

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## Musings

Welcome to a new academic year in the Eastern Washington University Retirees Association. It is with some trepidation that I follow Jay Rea as this year's president of the EWURA, but I'm glad he is continuing as association secretary/treasurer. In addition, Jay was elected as chair of the Washington State Coalition of Retired Higher Education Employees and will continue as our association's representative on the board of that body. He has also

been appointed to a three-year term on the EWU Foundation Board, so I don't think he will have time to get into trouble.

As you can see in the fall calendar printed in this issue of *The Golden Eagle Call*, Vice President Don Wall has been busy organizing an exciting array of programs for this academic year beginning Sept. 18. There are still a few meeting dates open later in the year, so if you have suggestions for program topics or presenters, please convey them to Don.

Last year, the EWURA Readers Theater and Golf League provided expanded opportunities for members. If you have ideas you believe could further expand programming to address interests of members, please let us know.

State budget projections and the upcoming legislative session point toward a lively year for higher education. We will attempt to keep you informed as events unfold.

I appreciate this opportunity to serve as your president. Please let any member of the board know how your association can best serve you.

Bob Rich, president, EWU Retirees Association, 2008-2009

## In Memoriam

**Philip Anast**, PhD, died Sept. 1, 2007. He retired July 1, 1989, after 24 years in the Department of Psychology.

**Violet Morrison** died June 11. She is survived by her husband, **Karl Morrison**, who retired from EWU in 1983.

**Virginia Jones** died June 25. She was 77. She was an adjunct assistant professor of music at Eastern for many years. She is survived by her husband, **Wendal Jones**, who retired from Eastern's Department of Music.

**Lloyd ("Smitty") Smith** died July 2 at the age of 77. He retired from EWU's Physical Plant in 1990 after 21 years of service as an electrician.

**Dale Stradling**, PhD, died July 3. He was 78. A 1952 Eastern alumnus, he joined the faculty at his alma mater in 1965. He retired from the Geography and Anthropology Department after 33 years of teaching.

**Bob Anderson** died July 5 at the age of 79. He retired after serving as a professor of health and physical education at Eastern for 30 years.

## A Gift for Growth

After surviving a brutal winter of heavy snow bending its branches from the top and mounds piling halfway up its skinny trunk, the little tree between the Normal School Heritage Center and Huston Hall is growing strong and looking beautiful.

This symbol of evergreen growth and deep roots in Eastern soil was a gift from EWURA to the University in honor of Eastern's 125<sup>th</sup> birthday. Although many retirees contributed generously to fund the gift, it has not been paid off.

Please start the 2008-2009 academic year off with a gift to our growing little tree. You may send a check of any amount to EWURA, Governor Martin Alumni House, 506 F Street, Cheney, WA 99004-2402.



*This is how EWURA's birthday gift to Eastern looked Jan. 31, 2008.*

## Golden Eagle Responds to Call

Sherry L. Renga, professor emeritus of mathematics who retired in 2002, reports from her home in Centralia, Wash.: "Neal and I spent four months in Arizona this past winter. Our main activities there were playing pickle ball and riding bicycles."



Publication and distribution of *The Golden Eagle Call* is supported by the Eastern Washington University Foundation, Michael Westfall, executive director.

## Annual Retirees Breakfast Brings Many Back to Campus in May

There were smiling faces, hellos and so much to talk about May 30 at the annual Retirees Breakfast at EWU.



*Gerlinde Montgomery*



*Sonja Matison and Karen Raver*



*Outgoing EWURA President Jay Rea*



*Lee Swedberg and Rita Seedorf*



*EWU President Rodolfo Arévalo*



*Athletics Director Bill Chaves*



*EWURA President Rob Rich*

## 2008 Welcome Weekend Eagle Golf Classic

EWU retirees are invited to join current and future Eagles for the 2<sup>nd</sup> Annual Welcome Weekend Eagle Golf Classic, Sunday, Sept. 21, Indian Canyon Golf Course. This event pairs two EWU faculty/staff/retirees/alumni with two EWU students/parents in a four-person team scramble. Entry fee: \$40 (\$50 after Sept. 12) per person (includes green fees, power cart, lunch and T-shirt). Contact Mike Campitelli, 509.359.7877, or visit [www.ewu.edu/IMsports](http://www.ewu.edu/IMsports) for entry forms and information.



## Learn About Hmong with Quincy's Books

Keith Quincy, PhD, retired faculty member from EWU's Department of Government, has co-authored *Der*, an incredible true account of the magical birth of a Hmong child who brings hope to his father and his people in a time of war and unimaginable human struggle.

The reader is quickly transported on an unforgettable journey to a time and place in which Hmong spirituality and reality collide, intermingle and challenge reality. Once you start reading *Der*, published by GPJ Books, it's hard to put it down. You'll want to know how the Hmong people are affected – on a personal level – by the CIA's secret war in Laos and U.S. President Nixon's political strategies.

In *Harvesting Pa Chay's Wheat: The Hmong and America's Secret War in Laos*, Quincy traces the history of the Hmong and the secret war that led to the Hmong's mass exodus and immigration into neighboring Thailand and the United States in the early 1980s.

*Harvesting Pa Chay's Wheat*, published by Eastern Washington University Press, received high critical praise from *Library Journal*: "Quincy, an established scholar of Laos and the Hmong, energetically relates their experience and the history of Laos over the last century with deep feeling, telling detail and occasional dark humor... This sad but colorful story will appeal both to general readers interested in Cold War history and to scholars."

The former department chair who taught political science and philosophy at Eastern has written a number of books including *Hmong: History of a People*, *Plato Unmasked* and a novel, *Samuel*. He has published scholarly articles in numerous periodicals. Quincy has been a speaker and lecturer on Hmong history at venues across the U.S.



1908 Cheney Normal School football team

## Eastern to Celebrate 100 Years of Football

To commemorate the upcoming 100<sup>th</sup> year of football at Eastern, the Department of Athletics has named 100 of the top players in school history to the 100 for 100 All-Time Football Team. Members of the team will be honored on Eastern Athletics Hall of Fame Day, Sept. 27, in conjunction with EWU's Big Sky Conference home football game with Idaho State.

## Homecoming: 'Box Office Bliss'

Homecoming 2008 will have all the usual weeklong festivities that make it fun for the entire Eastern community, plus a bit of Hollywood-style glamour.

Dubbed "Box Office Bliss," Homecoming will culminate as the Eagles football team takes on Sacramento State at 2:05 p.m., Saturday, Nov. 1, at Woodward Field.

And what could be more blissful than another highlight of Homecoming weekend: Homecoming Jazz Concert. Kick off Homecoming weekend with the annual jazz concert featuring the Eastern Jazz Ensemble (Rob Tapper, director) and Vocal Jazz Ensemble (Kristina Ploeger, director), with Mark Taylor, one of the region's premier saxophonists. The concert is 7:30 p.m., Oct. 31, 2008, EWU Music Building, Cheney campus; tickets (\$10 adults/alumni, \$5 non-EWU students/seniors) are available by calling 509.359.7073.



## Golden Links Golf Finishes the Season

The EWURA 2008 Golden Links Coed Golf League that began June 3 at the Fairways wrapped up competitive play Aug. 19. Golfers got together again Aug. 25 with scramble play for fun on the course and a barbecue at the home of EWURA members Jack and Phyllis Martin.

The season's early Monday and Tuesday morning play brought out 12 EWURA members and friends, who enjoyed mostly golf-friendly weather each week. Membership and weekly play fees totaled \$502. After putting away funds for year-end prizes, barbecue goodies and start-up money for 2009 golf, league members voted to donate \$350 to the Golden Eagle Scholarship Endowment Fund.

"We can still have fun and support the scholarships," said John Bruntlett.

League winners for 2008 include League Putting Champion Karen Raver and League Net Golf Champion Dick Christensen. Ted Dershem was low gross winner with a score of 87.

Golf League President Jan Hancock, Treasurer John Bruntlett and Handicap Chair Jack Martin are discussing possible changes that will make the league more attractive for retirees and their friends who didn't participate in 2008.

"We already have a number of names of people who might be interested in a nine-hole league for next summer, so there is a strong possibility that all of us will be trying to help that happen," Martin says. "We also want to continue with the 18-hole league."

Hancock added that it is likely both leagues will be formed for spring-summer 2009.



## Health Browsings Natural or Illegal

By Lee Swedberg

On the evening news recently, I heard Jim Lehrer talk about a new pill which could take the place of exercise for both couch potatoes in search of effortless health and athletes. An interview by Judy Woodruff with one of the pill's developers, Ronald Evans at the California Salk Institute, followed. Journalists do find the timing of this new escape from exercise disclosure just before the opening of the Olympic Games fascinating.

But would the new pill be determined by the athletics business to be "doping" or performance enhancing drugs, prohibited for athletes since 1928? And what would the result be for obese couch potatoes? It sounded a little absurd to me, but I did find out a bit more in an article in *Science News*.

It seems that the "doping" being discussed here is not a hormone or a drug but could be called "gene doping." It would refer to inserting genes into an organism's DNA (experimental mouse or human), which would enhance the organism's strength and endurance. Experiments along this line were originally spurred by the need to treat genetic diseases caused by gene deficiencies.

A British firm developed a (hopefully) harmless virus called Repoxygen, into which a gene could be inserted for transfer to the host's DNA when the virus infected the host. The gene would code for a protein that increased red blood cell production and therefore oxygen-carrying capacity. Bingo! Throw out the exercise and muscle-building machines. You would have your own oxygen and muscle building equipment!

Quite apart from the health aspirations of couch potatoes, athletics, at this point, allows only natural variations in performance to be measured and competed for, and an inserted gene is as unnatural as an injected or swallowed drug. It is therefore assumed that this procedure would be banned.

Since then, other pathways to genetically boost muscle strength, volume and endurance have been developed by, among others, Ronald Evans, the man interviewed by Judy Woodruff. Of course neither Evans nor Woodruff introduced in their discussion on the Jim Lehrer show the highly charged term "genetic engineering," although that is what it is.

Once in the DNA, of course, a gene cannot be removed. The main problem for athletes, assuming that the practice would be banned in competition, is to determine how to identify the illegally inserted genes, viruses, or proteins, since any of these could be used in genetic engineering.

Medical problems for patients involve the possibility of allergic reaction to the carrier viruses and determining in what tissue the inserted DNA had or would set up shop. Attaching radioactive tags to find the active factor is one possibility. Bodywide responses are to be expected in any one of these options though, and we can't be sure at this point what those might be.

Conclusion: Very exciting stuff, but for the present, it just might be easier and safer to take a brisk walk before breakfast.

## Update on CRHEE

By Jay Rea, Chair of the Washington State Coalition of Retired Higher Education Employees

At 2 p.m., July 2, Pat Dougherty, executive director of the University of Washington Retirement Association (UWRA), convened a conference call of the Coalition of Retired Higher Education Employees (CRHEE). All five associations were represented with Bob Rich, Don Wall and Jay Rea representing EWURA.

Rea was elected president, and Laura Saunders (UWRA) was elected secretary. The board then reviewed and adopted the proposed revisions to the constitution of CRHEE.

The size of the board was reduced from 15 to five. The president of each association is their representative on the CRHEE Board. The president may designate another member of the association to the CRHEE Board. Officers of the CRHEE Board are a president and a secretary. Two co-treasurers are to be appointed by the board and serve ex-officio without rule on the board. Committees may be established by the president as needed.

With the adoption of the revisions to the constitution, the "old" board adjourned at 2:30. Rea then called the "new" board to order. Rich formally designated Rea as the EWURA member of the CRHEE Board. Rea and Saunders were elected president and secretary of the 2008-2009 board.

The board then appointed Helmut Golde (UWRA) and John Reay (Western Washington University Retirement Association) as co-treasurers and authorized them to file the appropriate documents to reactivate CRHEE's status as a 501 (c)(4) corporation with the IRS and the Washington Secretary of State and Banner Bank. The board designated "CRHEE c/o UWRA" as the mailing address for registration and recording purposes.

Two meetings of the board were set. The first will be in the fall prior to the legislative sessions, and the next will be in the spring in conjunction with the planned gathering of regional retirement associations (spring 2009, hosted by UWRA).



## Have a Ghoulish Good Time at Oktoberfest

Monster Mash Oktoberfest Bash will haunt JFK Library, 5-10:30 p.m., Saturday, Oct. 25. Wear your favorite costume and enjoy the fun and fundraising.

Oktoberfest will once again include a live and silent auction, music, a full dinner, beer and wine tasting and entertainment. Proceeds go the Collection Endowment Fund to purchase books, journals and electronic resources for EWU Libraries.

Call 509.359.2264 for tickets and information.

[www.ewu.edu/oktoberfest](http://www.ewu.edu/oktoberfest)



## Congratulations and Welcome!

Eastern Washington University Retirees Association congratulates a large number of new retirees on their many years of service and individual accomplishments. The association also welcomes each person to become a dues-paying or lifetime member of EWURA (see the insert in this newsletter for details). The fun has just begun!

### 2007-2008 Retirements

#### Administrative Exempt

- Allen Barron, Student Services, Feb. 23, 1987-March 1, 2008
- Linda Ishiguro, Residential Life, Nov. 1, 1987-April 1, 2008
- Larry Kiser, Teaching and Learning Center, Sept. 1, 1972-Oct. 1, 2007
- Lin Summers-Hoskins, Counseling and Psychological Services, April 1, 1992-Sept. 1, 2007

#### Classified Staff

- Ellen Ambrose, Financial Aid and Scholarship, Feb. 29, 1997-Feb. 1, 2008
- Shirley Bloom, Facilities, Dec. 3, 1979-Sept. 1, 2007
- Steven Bloom, Construction and Planning Services, Sept. 6, 1977-May 1, 2008
- Kevin Daugherty, Grounds, Sept. 12, 1977-May 1, 2008
- Mary Dorsey, NW Power and Conservation, July 1, 1967-Jan. 1, 2008
- Ruth Harms, Library, April 25, 1989-March 1, 2008
- Jeannette Liljegren, Dining Services, May 1, 1990-Jan. 1, 2008
- Pam Schierman, English, March 15, 1973-July 1, 2008

#### Faculty

- Dona Boggs, biology, Sept. 1, 1997-July 1, 2008
- Haideh Lightfoot, Biology, Sept. 14, 1979-July 1, 2008
- Patty Luse, Education, Sept. 15, 1993-Jan. 1, 2008
- Robert Olafson, English, Sept. 15, 1967-Jan. 1, 2008
- Robert Ridings, English, Sept. 1, 1988-Jan. 1, 2008
- Stephen Scott, Modern Language, Sept. 15, 1969-Jan. 1, 2008
- Lynn Stephens, Accounting and Information Systems, Sept. 21, 1981-Jan. 1, 2008



*Eastern student Petra Wheaton is the 2008 recipient of the EWURA Golden Eagle Scholarship. She came from Hungary to America seeking a better life. With little education in English, she has taught herself the language and immersed herself in American culture. Her hard-work ethic and entrepreneurial spirit drive her daily to achieve professional and personal success. Petra's thank-you letter to the retirees association follows.*

*Each year, the EWURA Golden Eagle Scholarship helps a worthy student like Petra make her or his dream a reality. You may contribute to the scholarship fund. In this issue of The Golden Eagle Call, there is a yellow EWURA membership form. On the bottom half of the form, you may select to:*

- *make a donation of any amount to the 2009 scholarship, or*
- *with a scholarship endowment donation of \$350 or more, you not only add to the endowment, but you also receive a lifetime EWURA membership*

April 27, 2008

Dear EWU Retirees Association:

I wanted to express my gratitude to the scholarship that you awarded me. It will greatly help to cover educational expenses for the next school year. I am in the process of obtaining my BA degree in finance with economics and communication minors. I am planning on graduating next spring or fall and perhaps continue pursuing an MBA. I would like to use my education to help people make excellent financial decisions such as preparing for a carefree retirement, or help companies to succeed financially in the economy.

As a small business owner, I understand the importance of having good financial knowledge to allow for the best decision that would not only advance the company but keeps the clients' best interest in mind. The company that my husband and I run is a small custom home building adventure that we poured our hearts and souls into, and are slowly developing. I am most responsible for the paperwork such as bookkeeping, payroll, taxes, accounts payable and receivable, and my husband does most of the construction aspect of the business. I attend school in the evenings to have the time during the day for my responsibilities. Because we had a very long winter, and the real estate market slowed substantially, I had to find another job to bring in substitute income. I was hired just a few weeks ago at an insurance company that offers life, health and disability insurance to employers and their employees. I feel that this is a good fit for me as I would be doing something that helps people prepare for the unknown and will make a difference. I will continue with my education as planned even though it will put more strain on me and my free time.

I also have a 4-year-old severely handicapped daughter. She was born with brain malformation and is unable to talk, walk, or even sit up on her own. She is very healthy despite the severity of her condition, and we try to do everything we can to provide her with the best life possible. She has some home nursing care that helps out significantly, and the nurse we have now is wonderful. She loves Sonia and takes very good care of her while she is here. I of course have been able to work from home and even with the new job, I will continue to use my home office, so I can be around my daughter as much as I can. She attends special education classes twice a week that will increase next school year, and goes for physical, occupational, and speech therapy every week. We like to take her on the boat to the nearby lakes and go swimming in the water. Since my husband and I love to ski, we have taken Sonia skiing to Schweitzer Mountain where they have special skies for handicapped people. We also like to go camping and hiking, which the whole family can enjoy. I am part of a neighborhood book club and try to read for fun as my time permits.

In conclusion, I know that I have taken on a lot with everything that I have going on in my life, but I know that I have to sacrifice a little to gain a lot in the future. I have always been a hard working woman and I have accomplished so much so far: I was 21 when I left home (Hungary) and come to the U.S. with a suitcase full of clothes and a heart full of hope to search for a better life. All my family is in Hungary and I keep in touch with my parents and my sister on a regular basis whom I miss greatly. I was 24 when I got married and my husband and I are still a strong team. At age 26, I bought my first home that I qualified for on my own and put 20 percent down that we've saved up. When working at Chase Manhattan Mortgage, I was the top producer in my office and was awarded several multi-million dollar producer awards. At age 29, my husband and I started our construction company that even though advancing slowly, it is successful. At age 30, I graduated from SCC as a member of the Phi Theta Kappa Honor Society with high academic standing with class rank in the top 10 percent. I got my American citizenship last year, and at age 31, I am pursuing my educational goals, which I will accomplish just as I had accomplished the above.

Your faith in me is greatly appreciated and the scholarship you awarded me, as my track record shows, will be invested wisely. I look at this sum not as a gift but as an investment that I will have to produce a great return with my success in graduating and success in my career thereafter. Once again thank you very much for your generosity. I greatly appreciate your kindness.

Sincerely,

Petra Wheaton

