

David Brewster, Seattle Writer and Activist, to Speak at UWRA Winter Meeting

How will political and economic change affect the Pacific Northwest? What regional issues are particularly impacted by this flux? David Brewster, longtime prominent regional community activist, will share his observations at the upcoming UWRA winter meeting on **Tuesday, February 24, 2009. Reception begins at 1:30 PM, program at 2:00 PM.** Brewster will speak on "The Impact of Political and Economic Change on Regional Issues."

Many members will recall Brewster as the founder of *Seattle Weekly* in 1976, a newspaper dedicated to covering politics and the arts in Seattle. Brewster ran the *Seattle Weekly* for 21 years. His political commentary invited greater citizen participation and his restaurant reviews brought heightened culinary awareness to the area.

From 1997, when *Seattle Weekly* was sold, to 2005, Brewster was the guiding spirit of Town Hall Seattle, a civic and cultural center for arts and civic nonprofits in a restored old building on Seattle's First Hill. Along the way, Brewster started *Northwest Best Places*, a guidebook series, and put in a three-year stint as a fortnightly columnist for *The Seattle Times*.

In 1995 The Seattle City Council declared David Brewster Day, in honor of "his years of dedication to stimulating thoughtful democratic dialogue within the City of Seattle," according to Council member Nick Licata, resolution sponsor.

David Brewster came to Seattle in 1965, first worked as an English professor at the University of Washington, then wrote for the *Seattle Times*, *Seattle Magazine*, and *Argus* magazine.

Brewster is now the publisher of Crosscut, a website featuring the best in regional news reporting and commentary.

Crosscut, based in Seattle, also embodies the latest trends in news media. While it serves as a guide to local and Northwest news, it is also a place for citizens to report and discuss local news. The journalism of regular citizens appears alongside that of professionals. Traditional, detached news coverage of mainstream media coexists with advocacy journalism and opinion.

Crosscut finds and highlights the best local journalism and the best local commentary. There is a multitude of worthy sources of information on the Internet, but few people have time to navigate them all.

Crosscut publishes its own journalism and commentary. These are stories and angles others have



David Brewster, Crosscut founder and Publisher. (2007)

missed or ignored. Crosscut's news coverage aims to complement that of other sources, to extend exploration of events and issues, and to possibly encourage resolution.

Crosscut embraces new tools and tries new things as technology evolves, mindful of the relative strengths of textual, photo, audio, and video journalism.

Crosscut focuses on material endemic or with significant connection to the Pacific Northwest states of Washington, Oregon, Idaho or Montana, or the province of British Columbia.

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From the President

As winter slowly gives way to spring, I hope that all of you are finding interesting and rewarding activities. I hope to see many of you at the UWRA winter meeting on February 24 with David Brewster.

The UWRA board is looking forward to hosting regional retirement association representatives for a two-day gathering at the end of April. This will be an opportunity for leaders to gather, problem-solve, and get inspired about future directions for retirees and retirement associations.

Please hold the date for our upcoming Spring Luncheon on Thursday, April 30 at the Center for Urban Horticulture. More details will be forthcoming.

Of particular concern to many of us are the Washington State Legislature's deliberations this year. The serious economic problems affecting the nation and the state are of concern to all of us.

You may have read about the significant budget deficit forecast for 2009–2011 and the governor's recommended budget reductions for the University of Washington along with all other higher education institutions. Details of Governor Gregoire's budget proposal along with an ongoing commentary are available on the UW's Office of State Relations blog, written by Randy Hodgins, State Relations Director, at <http://depts.washington.edu/>



Laura Saunders
President, UWRA

[staterel/wordpress/](http://staterel.wordpress/). In addition, TVW broadcasts many of the legislative hearings and is a good resource.

I strongly encourage all of you who are Washington voters, wherever you may live in the state, to stay informed about the legislature's work on the budget and to keep your representatives informed about your concerns. Representatives pay particular attention to input they receive from their own constituents.

As a service to our members this issue of the *Retiree Report* includes phone numbers and web sites to help you get the representative contact information you need.

Many of us have concerns about the economy's impact on retiree income. As many of us have done in the past, we also recall that it is possible to pull through difficult times together.

Laura Saunders

UWRA Board Presents Slate of Candidates

The Board of Directors nominates the following UWRA members for three-year board terms (2009-2012), beginning in late spring 2009.

Marilyn Gray is Assistant Director of Fellowships and Awards in the UW Graduate School.

Lars Hollender is Professor Emeritus in Oral Radiology, Department of Oral Medicine.

Carol Rush has served as Director, Grants and Contracts for the College of Arts and Sciences and Director of Finance and Administration for the College of Arts and Sciences.

James Whittaker is Charles O. Cressey Endowed Professor Emeritus, UW School of Social Work.

The Nominating Committee considered current and near-future board needs and abilities and sought to broaden the array of skills and contacts available to the board through its members.

UWRA members may nominate additional candidates by sending written permission of the nominee and a petition signed by ten UWRA members to the UWRA office, for receipt by February 17, 2009. Members vote on board members by mailed ballot in March.

The following officers were nominated for 2009-2010: **Jean-Loup Baer**, President; **Edward Perrin**, First Vice President; **Bertha Barriga**, Second Vice President; **Hellmut Golde**, Treasurer. Officers are elected or appointed by the board at the June board meeting.

Find Out More and Respond to What's Happening in State Government

STATE LEGISLATIVE INFORMATION ON THE WEB:

- UW State Relations Director Randy Hodgins provides information and updates on the current legislative session at <http://depts.washington.edu/staterel/wordpress>
- Check the Capitol Record, TVW's Blog about state government, at <http://tvw.org/capitolrecord>
- E-mail addresses for all state legislators are given at <http://apps.leg.wa.gov/memberemail/Default.aspx>
- Legislator phone numbers and office addresses are listed at <http://www.leg.wa.gov/lic/hotline.htm>
- Not sure who your legislators are? <http://www1.leg.wa.gov/legislature> will provide you with your district number and with contact information for your state legislators.
- Also at <http://www1.leg.wa.gov/legislature> find information about the committees you're interested in.

STATE LEGISLATIVE INFORMATION BY PHONE:

- Call the in-state toll-free Hotline: **(800) 562-6000** 8AM–8PM M–F and 9AM–1PM Saturday while the Legislature is in session. Leave a brief message for your district legislators or for the Governor or Lieutenant Governor.

- The Hotline staff will also fulfill requests for legislative documents and can answer questions about meeting times and places, pending legislation, and the legislative process.
- The hearing impaired can send a brief message to their district legislators through the in-state toll-free TTY Hotline number: **(800) 635-9993**.

For information about the Legislature and the legislative process, contact the Legislative Information Center, Gerry Sheehan, Coordinator:

106 Legislative Building
P.O. Box 40600
Olympia, WA 98504-0600
(360) 786-7573

Or send an email message requesting information to support@leg.wa.gov

Many useful links for Washington state voters are available at the Seattle League of Women Voters website, <http://www.seattlelwv.org/links>, or contact the League for information:

The League of Women Voters of Seattle
1620 18th Ave, Suite 101
Seattle, WA 98122
Phone: (206) 329-4848
Fax: (206) 329-1273

UWRA to Host Regional Gathering in Spring 2009

UWRA will host a regional gathering of representatives from higher education retirement associations April 30 and May 1, 2009, in Seattle. We'll be welcoming retirement association leaders from our region. This is an opportunity for some extended time to focus on shared organizational issues, program ideas and future directions for retirees and retirement associations.

Participating associations will determine interest in future such gatherings and the possibility of hosting at various locations.

The *Retiree Report* is a publication of the University of Washington Retirement Association (UWRA), a non-profit, member-based organization.

President, Board of Directors: Laura Saunders
Executive Director: Pat Dougherty
Program Operations Specialist: Adriane Coblentz



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Seattle WA 98195-1277
Phone: (206) 543-8600
Email: retiremt@u.washington.edu
Website: depts.washington.edu/retiremt/uwra

Winter Travelogue programs transport and inspire

UWRA Travelogues start at 7:30 PM at the UW Club, Seattle campus. No reservations are necessary for travelogues. However, those coming for dinner with the travelogue-inspired menu at 6:00 do need reservations. UW Club members call the club at (206) 543-0437. UWRA members who do not belong to the club may make reservations through Bill and Audrey Weitkamp, (206) 325-6648. Everyone is welcome!

February 18: Morocco, led by Emily Wilson

Experience the intrigue and the timelessness of the charming Kingdom of Morocco. From Morocco's lofty Atlas Mountains to its imperial cities of Fez, Rabat, Meknes and Marrakesh, plus its thriving metropolis Casablanca, you will get glimpses into the country's

Movie Night: 'Destry Rides Again' is romance of the American West

Saddle up and ride to the UW Club to see 'Destry Rides Again,' Wednesday, February 11, at 7 PM. This is the final film in the 2009 Dinner-and-a-Movie series.

The movie is F-R-E-E! Or if you can, pony up and make reservations for dinner at UW Club at 6 PM. Dinner is \$20 per person. UW Club members call the club for reservations. Non-members may make arrangements for dinner through Ruth Eller, at (206) 365-6305. Reservation deadline is Monday, February 9. Menu for dinner is posted online in early February at <http://depts.washington.edu/uwclub/calendar/calendar.htm>

Lucy's Legacy a rare opportunity and great shared experience with grandchildren

By Mary Bicknell

Lucy, the famous fossil from Ethiopia, is on display in an exhibit you should not miss. The actual bones are here at the Pacific Science Center in Seattle. We are only one of two cities in the U.S. that are fortunate to have been chosen for this tour.

The presentation is thorough, with a detailed history of Ethiopia that gives you a fine background of this unique and complex country.

If you have grandchildren of about seven or older, it is even better. Grandchildren will probably be more interested in the detailed dioramas than the artifacts of Ethiopian history, but the figures depicting Lucy and her family, as they might have appeared, are very

well done. As a bonus, the museum itself has lots of interactive displays that appeal to many different age levels.

March 18: European Highlights, led by Eugene Collias

What do Antwerp, Canterbury, Brussels, Versailles and Stonehenge have in common? They are just some of the places featured in this fine show of cathedrals, castles and city tours. Join us for a tour of European highlights, with stops in Holland, Belgium, France and England.

Save the Date: UWRA Luncheon April 30 features Clifford Mass

Join UWRA members in welcoming spring at our luncheon on Thursday, April 30, at the Center for Urban Horticulture. We'll honor our UWRA Scholarship and Fellowship recipients. The program will feature UW Atmospheric Sciences Professor Clifford Mass. Professor Mass is known beyond UW to many Seattleites, thanks to his weather commentary on local NPR affiliate KUOW. Now he is also known for his recently published book, *The Weather of the Pacific Northwest* (University Press, 2008). Luncheon brochure and registration form will be mailed the end of February. Meanwhile, save the date!

well done. As a bonus, the museum itself has lots of interactive displays that appeal to many different age levels.

It's a great place to go on a rainy weekend. If you arrive in the morning when the museum opens, you avoid the crowds and have your choice of times to see the special exhibit. There is a café for a basic lunch, or you may bring your own if you make an additional purchase at the café.

Admission is not inexpensive, over \$30 total for a senior and child, but well worth it. This is not only a historic exhibit, but also a very enjoyable way to spend a winter day.

Lucy's Legacy: The Hidden Treasures of Ethiopia at the Pacific Science Center, through March 8.

Web site:
<http://www.pacsci.org/LUCY>

UWRA Interest Groups:

*Stay Connected! Stay Informed!
Stay Involved!*

UWRA group outings are suspended for this Winter/Spring, so this is an especially good time to check out the activities of our ongoing interest groups. Members organize interest groups and programs to learn, explore, build skills, and connect with other members. Join in! Call the interest group coordinator listed with each group's description for more information about that group.

Novice Genealogy

Do you have an interest in researching your family history? Join the Genealogy Interest Group to share your interests, questions, and the fun of discovery. Meets at the home of Joe Creager. For address and directions please call Joe.

1 PM - 2nd Tuesday
Joe Creager, (425) 823-7776,
bjnjoe@att.net

Walking

Meet new people or renew old acquaintances. Walk a three-mile loop along Lake Washington for about an hour. Meet near the boat launch at the end of the 65th Street entrance to Magnuson Park on Sand Point Way NE, rain or shine unless otherwise decided by telephone.

9 AM SHARP!- Every Wednesday
Carolyn Scott, (206) 522-1640,
carolyn.scott@comcast.net

First Thursday Talks

Spend a morning socializing over coffee and cookies followed by a guest speaker on contemporary issues. The meetings are held at University House Wallingford. Underground parking is available.

10 AM - 1st Thursday
Jean Morishima, (206) 524-9242,
morishima@comcast.net

Hi-Lites Garden Luncheon Club

Most meetings are held in members' homes. A brown bag lunch is followed by dessert and a program on a variety of interesting garden topics, including a Spring Tea. All will delight both the active gardener and the gardener-at-heart! Group meets through June.

Noon - 1st Tuesday
Ruth Bogle, (425) 483-5925, rbogle3@yahoo.com

Bridge

Meets at the UW (Faculty) Club for contract bridge. Partners at three to four tables are rotated every six hands. New players with at least intermediate-level skill should contact Marjorie Sanders, who prearranges foursomes for play.

10 AM - 3rd Monday
Marjorie Sanders, (206) 524-5562, mhs76@attg.net

Computer Club

A forum for exchanging information, tips, and techniques on Windows computers. New members are welcome. Meets at University House Wallingford during the academic year. To be notified of meetings, please contact Hellmut Golde.

10 AM - 2nd Wednesday
Hellmut Golde, (206) 527-6350,
golde@cs.washington.edu

Birding

Half- or full-day local field trips, with some overnights to more distant areas. Transportation is by carpool. A typical trip has 12-20 people; a few are accomplished birders but most are learners. Beginners are welcome! Binoculars are helpful. To receive monthly email notices, please email Barbara Clark.

Times vary - 3rd Tuesday
Barbara Clark, (206) 524-0457,
bshawclark@comcast.net

Book Review

A group member presents a review of a current, best-selling book, followed by discussion to bring more understanding of the book. Refreshments precede the review.

1:30 PM - 2nd Friday
Lynn Klausenburger, (206) 525-0329,
lhk@u.washington.edu

Travelogue

Meets in the UW Club for easy armchair traveling! Speakers present an hour-long slide show and share their travel adventures from around the world. Preceded at 6 pm by an optional dinner, by reservation with the UW Club.

7:30 pm, 3rd Wednesday
Bill & Audrey Weitkamp, (206) 325-6648
aajw@u.washington.edu

UWRA members are also welcome to join UW Faculty Auxiliary interest groups. See the listings at:
<http://depts.washington.edu/uwfacaux/interest2.html>

The UW has been “Creating Futures” . . . since 1861!

Did you know...

- The UW almost closed in 1881, when the territorial legislature failed to appropriate funds? Thanks to a private donation of \$5,000 from railroad builder Henry Villard, the doors stayed open.
- The Walker Ames Room, where the UWRA so frequently meets, is named for Maud Walker Ames, who, with her husband Edwin G. Ames, left the UW the largest unre-



Arthur Denny, whose family gave land to start the UW in 1861. (MOHAI photo.)

stricted gift in the University's history? In addition to the bequest they donated their home as a residence for the university's presidents, which is still used today.

You'll find these and other interesting facts in "Creating Futures since 1861: A history of private support for the University of

Washington," an informational brochure for the University community. This report is based on extensive research by Antoinette Wills, UW alumna (1975), UWRA member and Associate Director of Advancement, Special Projects.

The publication is based on Wills' 48 in-person interviews with UW leaders, alumni, friends, and donors. It provides a timeline and images of milestones in the University's history made possible by private support. Beginning with the initial gift of land from the Denny, Terry and Lander families in 1861 that enabled the founding of the University, this publication tells the story of the impact that private support continues to make on the University and the community it serves.

At the following web site you can download PDF files of the brochure, obtain a list of people Wills interviewed, and email Antoinette Wills with questions: <http://devar.washington.edu/Toolkits/Brochures/#creatingfutures>



Bill Gates, cofounder of the UW's largest donor, The Bill and Melinda Gates Foundation.

In Memoriam

Dorothy K. Bestor (Surviving spouse of Arthur) September 20, 2008

Charles A. Evans (Microbiology) December 4, 2008

Helen Freeman (Spouse of Stanley) September 20, 2008

Majella Tyra Johnston (Surviving spouse of William) October 30, 2008

Nobuyoshi Kano (Spouse of Tomeko) April 10, 2008

Arval Alex Morris (Law) September 15, 2008

Sol Saporta (Linguistics) October 21, 2008

Janis Sleicher (Spouse of Charles) November 4, 2008

Elizabeth H. Sunde (Librarian) January 7, 2009

Lorraine P. Volpone (Grants & Contracts) December 13, 2008

Warren Wooster (Marine Affairs and Fisheries) October 29, 2008

Members are asked to notify the UWRA office about deaths of members and other UW retirees. It is our intent to mark these deaths in a timely way; however, we do not always receive word.

In some cases we do not have full dates of death. Members' input can help us complete these records.

UWRA Members Give Generously to UW Students through Faculty-Staff-Retiree Campaign and UWRA Endowments

UWRA members strongly supported the UW Faculty-Staff-Retiree Campaign for Students, which concluded December 31, 2008.

In May of 2005 the University established this special initiative to enable faculty, staff, and retirees to more effectively support students.

Data to date indicate significant support was provided by UWRA members:

- Ninety-one UWRA households participated in the campaign, representing just over 10% of all donors.
- UWRA members have so far donated \$652,454 — 15% of the current total campaign donations.
- The mean amount currently donated by UWRA members is \$7,169.82.

UW matched campaign gifts 1:1, to a maximum total of \$10,000. The campaign welcomed outright gifts, pledges to be completed within five years, and later fund additions.

Once a minimum contribution of \$5,000 was reached, donors could opt to establish named endowments for:

- Fellowships for Graduate Students
- Professional Student Scholarships
- Undergraduate Scholarships
- Student Program Support Scholarships

UW retirees who are not UWRA members also made significant contributions to this campaign, in addition to the amounts noted above.

Linda Gould one of many to give back through FSR Campaign for Students

Linda Gould is one of many UWRA members who created or supported endowments through the Faculty-Staff-Retiree Campaign for Students. She established the Linda J. Gould Endowed Fellowship for Children's and Youth Services.

Gould, a retired UW librarian, created this endowment to provide financial assistance to master's students in the Information School who intend to pursue careers in children and youth services librarianship.

Reflecting on her gratitude for the support she got from the American Library Association's only fellowship for children's services and for the satisfying career that grew out of that opportunity, Gould decided to give back by creating this fellowship.

Gould graduated from the UW in library science in 1970. She came back to the UW in 1973, following three years with the Seattle Public Library, where she wrote a history of the SPL children's department.

UWRA Endowments for students approach \$500,000

Over the years UWRA members continue their enthusiastic support for UWRA's annual scholarships and graduate fellowships. In addition funds from community fees, paid on entrance to University Houses by non-UWRA members, have gone to support these endowments.

Together the UWRA Scholarship and Graduate Fellowship endowments now total just under \$500,000. Interest from these endowments forms the basis for awards to UW students studying toward careers in aging-related fields.

University House at Issaquah welcomes new executive director Rick Guthrie

University House at Issaquah welcomed a new executive director in December, 2008—just as the snow started to fall!

Rick Guthrie comes to Issaquah from within the Era Living family, having previously been executive director at the Ida Culver Ravenna community. Caring for older adults has always been a profession of choice for Rick Guthrie. In fact, both of his parents were long-term care administrators.

Prior to working with Era Living, Mr. Guthrie served twice as statewide president of long-term care associations. Two governors appointed him to four-year terms on advisory councils. He has also served on the national legislative committee for the American Health Care Association.

Rick is a Washington State native. He attended Central Washington State University for one year and completed his bachelor of arts degree in business finance at Gonzaga University.

Rick and his wife, Myrle, have two children. Spending time with family is Rick's most important activity. Rick's hobbies include running, backpacking, and skiing.

Fitness Center a hit at University House at Wallingford

A spare room, state-of-the-art equipment, and staffing have come together with great success to create a new fitness center at University House at Wallingford.

Thanks to the vision of Ted Barss, executive director at Wallingford, residents are making steady use of their new fitness facility. An experienced trainer provides guidance for effective physical strengthening and aerobic exercise.

So next time you are at University House at Wallingford, head down the hall beyond the administrative offices and check out the fitness room for yourself. Just watch out for residents who don't know their new strength!

Resources for decisions about Social Security

Decisions such as when to retire, when to begin receiving Social Security, and whether to retire fully or to continue working part-time can have very real effects on your ability retire comfortably.

Because everyone's situation is different, Social Security offers planners to help you decide what would be best for you and your family. The new online Retirement Estimator allows you to create "what if" scenarios, trying out different stop work dates or expected future earnings. Find the estimator at <http://www.socialsecurity.gov/estimator>.

***Safety Matters:* Keep your brain sharp by Anne Guthrie**

The more education you have, the healthier you are likely to be, studies show. And not only because people with college degrees tend to have more money, which means more access to doctors and medicine. Higher education is also linked to an ability to delay gratification, which can mean less involvement with smoking and other risky behaviors.

You don't have to go back to college, though: Life-long education also helps you reap these benefits. Read more, follow current events, and exercise your brain to keep your mind sharp.

For more brain exercise, surf the Web. A recent UCLA study shows that searching the Internet may help keep older brains agile. Subjects were told in advance that they would be assessed for their knowledge of the topics they researched. MRI readings showed that both text reading and Internet searching stimulated the regions of the brain controlling language, reading, memory, and vision. But the Internet search lit up more areas of the brain, additionally activating the regions controlling complex reasoning and decision making.

While it is too early to tell what all this means, it appears to reinforce the value of exercising your brain, whether through reading, Internet searches, or stimulating conversation with friends and associates.