

## UW budget affects Retirement Center and UWRA: A message from UWRA President Laura Saunders

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Washington's fiscal situation mirrors that of the United States, and as many of you are aware, there are substantial reductions proposed for higher education in the state budget. UW President Mark Emmert has described the proposed reductions for the University and, although the recently suggested tuition increases will partially ameliorate these reductions, there is no doubt that many University functions will be affected. We anticipate that some of these may affect the UWRA, which is strongly supported by membership dues but also benefits from University funding for shared staff support and the UW Retirement Center office space.

The University funds the Retirement Center and the office staff (executive director and program operations specialist) who support both the Center and the UWRA. The UWRA reimburses the UW for a portion of staff salaries and benefits in exchange for administrative and program support. The University also provides the office, phones, computers and a small supply and operations budget for the center. Many services are overlapping: the Retirement Center serves university employees and retirees, and the UWRA supports that service and provides scholarships for UW students; advocacy

for all UW retirees; and programs for members, guests, UW retirees and University House residents. The UWRA has about 1,400 dues-paying households, over 95% of whom are UW retirees.

The UWRA Board of Directors and past presidents have been closely following state budget developments.

We met with Randy Hodgins, the UW's Director of State Relations, in December before the legislative session began to review the prospects. We have been reading his ongoing blog, as well as postings from the Vice Provost for Budget and Planning and statements from the UW President and others in the administration. The UWRA Executive Committee met with Cheryl Cameron, Vice Provost for Academic Personnel, to discuss the general dimensions of the cuts that were then anticipated for the Retirement Center. The executive committee and the board of directors have reviewed the priorities of the UWRA.



Laura Saunders  
President, UWRA

As of press time we have no further information about the definite size of the reductions for the Retirement Center and any implications for the UWRA's support. Reduction proposals suggest that substantial staffing cuts might be needed. We have communicated our view that maintaining a two-person office at some level is necessary for the continued functioning of the Retirement Center and the UWRA. We continue to maintain the importance of the services provided as more and more of the population moves into retirement, and we also recognize the need to share in the overall impact of this most unfortunate budget situation.

At this point, and pending further developments, we have discussed asking for additional support from our members to maintain the most essential services and programs of the UWRA. We will notify you about this as soon as we know more.

Please be in touch if you have further questions -- either with me or with our Executive Director, Pat Dougherty.

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**Annual Meeting** featuring  
Professor David Montgomery  
June 17  
See p. 3 for details!

## UWRA Fellowship and Scholarships for UW students total \$30,000

UWRA scholarship and fellowship recipients were honored at the UWRA Spring Luncheon on April 30. All winners are studying toward aging-related careers.

UWRA fellowships and scholarships are possible thanks to members' generous donations to our endowment and to their direct gifts that supplement annual endowment earnings. We are also most appreciative of the income from community fees of non-UWRA members who become University House residents. Community fees have been an ongoing funding source for our scholarship and fellowship funds.

### 2009-2010 UWRA Fellowship Recipient

In coordination with the UW Graduate School the UWRA has combined the fellowship money from our two endowed fellowships to offer a significant one-year award to a single meritorious graduate student. We seek grad students whose studies and expected career trajectory hold the potential to make a major impact on our understanding of aging.

The fellowship for 2009-2010 goes to **Elizabeth Stoll, PhD candidate in Neurosurgery/ Neurobiology and Behavior**. She is interested in the causes of decline in the brain's rate of neurogenesis (the normal replenishment of nerve cells) as we age. What changes are responsible for neurogenic decline in the brain, and can they be reversed through healthy living or genetic therapies? Her thesis work seeks insight into the mechanism of this decline during normal aging and its relationship to cognitive decline.

In addition to a 2009-2010 UWRA Fellowship of \$15,000, Ms. Stoll will receive a tuition waiver for the year from The Graduate School.

### 2009-2010 UWRA Scholarship Recipients

The UWRA has chosen five scholarship winners to receive awards of \$3,000 each in Spring 2009. Funds awarded go directly to recipients' student accounts to offset loans or to assist with unmet need. These students also focus on aging-related studies. Our 2009 winners are: **DeeAnna Duffield, Medicine; Ashley Jones, Social Work; Daniel Moore, Geriatric Nursing; Erin Rudolph, Geriatric Nursing; and Jana Lu Williams, Library and Information Science.**

## New UWRA board members elected and 2009-10 board officers nominated

The UWRA members have elected the following UWRA members for three-year board terms (2009-2012), beginning in June 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 as 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 following officers are nominated for 2009-2010: **Jean-Loup Baer**, President; **Edward Perrin**, First Vice President; **Bertha Barriga**, Second Vice President; **Adrienne Theophilus**, Secretary; **Hellmut Golde**, Treasurer. Officers are elected or appointed by the board at the June board meeting on June 17.

## UW mails out replacement

### UW ID Cards for some UW retirees

The UW has mailed replacement UW ID cards to some UW retirees, including a number of people who retired before 2002. These new ID cards, known as "Husky Cards," replace UW Retiree Cards. Your new UW ID number is printed on this card. It replaces your Social Security number (SSN) in the UW system.

A subset of this group of retirees may have received an earlier UW letter indicating that an outside source gained access to some names and SSN's through the UW's computer system. Others may have received a replacement card as a preventive measure. If you received the first letter, you know to watch for use of your identity to gain access to your accounts. (So far there have been no such reports related to this case.)

The new ID cards were computer-activated on April 27. After you've successfully used your new Husky Card, destroy your old UW Retiree Card, which may list your SSN. UW computers will no longer "recognize" the old card. Contact the UWRA office if you want to get an ID card with your photo on it.

# Geomorphologist and MacArthur genius David Montgomery to give us the dirt at UWRA annual meeting June 17

Imagine it: You answer the phone one day and a stranger on the other end of the line announces that you are a genius. It wasn't imaginary for David Montgomery, professor of geomorphology in the UW Department of Earth and Space Sciences. He was named a 2008 recipient of a John D. and Catherine T. MacArthur Foundation grant, popularly known as the "genius award."

Professor Montgomery will speak at the **UWRA Annual Meeting, Wednesday, June 17, (reception 1:30 p.m., program 2:00 p.m.) in Kane Hall's Walker Ames Room**, about his recent book, *Dirt: The Erosion of Civilizations*. In the book, Montgomery traces the rise and fall of civilizations through their farming and soil conservation practices.

*Publisher's Weekly* writes that Montgomery "argues persuasively that soil is humanity's most essential natural resource and essentially linked to modern civilization's survival.... Makes a convincing case for the need to respect and conserve the world's limited supply of soil."



David Montgomery, Professor in the Department of Earth and Space Sciences.

The MacArthur Foundation honored Montgomery for his "scientist's rigor, historian's curiosity, and environmentalist's passion" in examining the forces that shape our world. The Foundation describes him as a "geomorphologist unsettling accepted wisdom about both local and global environmental change by exploring the ecological consequences of a wide range of Earth surface processes."

Montgomery's work encompasses the local as

## *UWRA Annual Meeting*

*Walker Ames Room, Kane Hall*

*Wednesday, June 17*

*1:30–3:00 p.m.*

well as the astronomical: Projects include examining sediment deposition on the Skokomish River and mapping the formations on Mars.

"Geomorphology is basically the science of the surface of the Earth, how it works," Montgomery told the Seattle P-I. His doctoral thesis sought to answer the question of why mountain streams form where they do, and he has continued to ask questions about how water and land interact. His first book was *King of Fish: The Thousand-Year Run of Salmon*.

Montgomery received a B.S. from Stanford University and a Ph.D. from the University of California, Berkeley. He has been affiliated with the University of Washington since 1991. His numerous articles have appeared in such journals as *Science*, *Nature*, and *Proceedings of the National Academy of Sciences USA*. His published work includes studies of the evolution and near-extirpation of salmon, fluvial and hill-slope processes in mountain drainage basins, the evolution of mountain ranges, and the analysis of digital topography. Current research includes field projects in the Philippines, eastern Tibet, and the Pacific Northwest.

Montgomery also contributes guitar, vocals and songwriting to the Seattle basement band known as "Big Dirt," which band members describe as "boot stompin', hip swingin', neo-psychedelic alt/folk revival." And, maybe, genius.

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 Herring



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# Summer in the City: Events You'll Want

## Dr. Gene Cohen, researcher and author, to speak on positive brain and behavior changes caused by aging

Be prepared to witness the dismantling of a number of long-held negative myths and stereotypes about aging when you hear Dr. Gene Cohen's talk, "Mirror, Mirror on the Wall: What is Aging After All? Creative Capacity and Psychological Growth in the Second Half of Life." Cohen is at the forefront of a national movement to focus attention on the capacity for positive change and creative expression in the second half of life, rather than on aging as a problem.

Subtitled "Positive Brain & Behavior Changes that Occur Because of Aging, Not Despite It," Dr. Cohen's talk will describe research on aging that has identified a number of positive brain and behavioral changes that have set the stage for psychological growth and creative expression in the second half of life. These positive changes will be delineated and the underlying mechanisms that enable them to happen will be elaborated.

The New Senior Moment — a creative one —



Dr. Gene Cohen, researcher on aging and the brain.

will be described, and aging will be discussed as perhaps the best example of a phenomenon where the whole is greater than the sum of its parts.

Cohen will speak on **Wednesday, May 27, from 7:00–8:15 p.m. in Room 210 of Kane Hall.**

This free public lecture is co-sponsored by the UW Institute on Aging; the Hooyman Professorship in Gerontology, School of Social Work; the Simpson Center for the Humanities; the Department of Psychiatry; the Department of Psychology; the de Tornay Center for Healthy Aging; and the Northwest Center for Creative Aging.

Dr. Cohen is co-founder of Creativity Discovery Corps, whose mission is to identify and preserve the creative accomplishments and rich histories of talented older adults. He is the author of *The Creative Age: Awakening Human Potential in the Second Half of Life*, which served as the basis of a film by PBS, and *The Mature Mind: The Positive Power of the Aging Brain*.

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### Getting There: Disability Parking on Campus

Probably one of the most valued privileges of UW retirees is the free campus parking in specific locations. Many are not aware, however, of the availability of disability parking for retirees with either permanent or temporary disabilities. When entering the campus, retirees with physical limitations should inform the traffic guide that they are physically challenged and request parking in a "disabled" area near their destination.

Wheelchair (WC) and Disability (D) permit holders may park in disability spots matching their permits. Show non-UW disability permits with your UW ID card at the gatehouse on arrival.

UW Parking Services and UWRA are working together to make sure that all retirees with disabilities can park in appropriate spots. If you have any concerns about disability parking on campus, please let the UWRA office know. More information is available by calling Parking Services at 206-685-1543 or on the Web at [www.washington.edu/commuterservices/parking/fees\\_descriptions/retire.php](http://www.washington.edu/commuterservices/parking/fees_descriptions/retire.php).

# What to Check Out On and Around Campus

## Celebrating the centennial of the Alaska-Yukon-Pacific Exposition

One hundred years ago June 1 the UW campus was host to the Alaska-Yukon-Pacific Exposition, a young Seattle's bid to gain national recognition. The A-Y-P-E ran through the summer of 1909 and showcased the new UW campus. The UW had moved north from downtown to the present site in 1895, and most of the grounds were still undeveloped at the time of the exposition. Over 3.7 million visitors came to the event, where they walked through fanciful buildings representing a variety of regional and world cultures and witnessed exhibitions ranging from the educational to the bizarre.

Most of the A-Y-P-E structures were temporary, but a few remain, including Frosh Pond (originally called Geyser Basin) and the Cunningham Center. Rainier Vista was created when land was cleared to make room for the buildings housing exposition exhibits.

This summer will be a time of both celebrating and reflecting on the events and impact of the A-Y-P Exposition. Numerous projects, many free, will invite the public to learn about the fair. For the extended UW community there are many points of interest.

### *Campus Exhibits*

- Burke Museum: AYP: Indigenous Voices Reply. ([www.washington.edu/burkemuseum/exhibits/upcoming.php](http://www.washington.edu/burkemuseum/exhibits/upcoming.php))
- UW Libraries special collections: Mrs. Mary E. Hart and Alaskan Women's Work at the 1909 Alaska-Yukon-Pacific Exposition
- UW Libraries special collections: A White City in the West: Frank H. Nowell and the Alaska-Yukon-Pacific Exposition
- Suzzallo Library: The Alaska-Yukon-Pacific Exposition: When the World Came to Campus. (for library exhibits, search AYP at [www.lib.washington.edu/specialcoll/](http://www.lib.washington.edu/specialcoll/))



### *Campus Tours*

- Friends of Olmsted Parks lead walking tours of A-Y-P exposition sites on campus on the last Saturday of May-September. Free; reservations required. Tours start at the Burke Museum. Reservations at 425-885-3173 or [Friends@SeattleOlmsted.org](mailto:Friends@SeattleOlmsted.org).
- MOHAI in partnership with the Seattle Architecture Foundation lead Walking the Fair/Come Back to the Fair every first Thursday, May to October at 6 p.m. Begin at the Architecture Hall and end 90 minutes later at the historic University Inn for an informal chat session with volunteers and historians. \$15/\$10 MOHAI members; [www.brownpapertickets.com](http://www.brownpapertickets.com).

Off-campus events and much more information available at  
Alaska-Yukon-Pacific Exposition Centennial celebration: [www.ayp100.org/2009/events-activities](http://www.ayp100.org/2009/events-activities)  
A-Y-P Exposition Community pages: [www.aype.org/projects](http://www.aype.org/projects).

## Be a Census Worker: Retirees Needed!

The U.S. Census Bureau invites retirees to work as field representatives for the 2010 census. Conduct Census Bureau surveys on vital issues such as health, housing, income, and crime. Field representatives interview at randomly selected addresses, usually using a laptop computer. Monthly working hours range from 20 to 100. Most interviews are conducted weekends and evenings.

The bureau is looking for self-starters who are organized, enjoy meeting and talking with people and have persuasive "people skills." Bilingual individuals are encouraged to apply. Pay range is \$10.19 to \$14.33 per hour, depending on experience and location, + authorized expenses.

Call the U.S. Census Bureau, Seattle region, at 1-888-722-8995; email [seattle.recruiting@census.gov](mailto:seattle.recruiting@census.gov); visit the Seattle region's home page at [www.census.gov/rosea/www](http://www.census.gov/rosea/www) or check the U.S. Census Bureau's site at [www.census.gov/2010censusjobs](http://www.census.gov/2010censusjobs). Provide your name, mailing address, county of residence, and daytime phone.

## UW's Transition School, featured on ABC's *Nightline*, has UWRA ties



UW Transition School students talk with Neal Karlinsky of ABC's *Nightline*. Jack Howell-Clark (center, top), is the godson of UWRA executive director Pat Dougherty and her husband, UWRA member Milton Won. Photo: Eloise Harper/ABC News

The UW's Transition School (TS), featured on ABC's *Nightline* in April, gives 16 academically and intellectually "capable youth" the opportunity to condense their pre-college studies within a year. They begin studies as college freshman by their mid-teens. UWRA member Nancy Robinson and her late husband, Hal, were instrumental in founding the TS. UWRA member Ernest Henley teaches physics to TS students.

## In Memoriam

**Ruth A. Bobbitt** (Public Health)

January 18, 2009

**Marcia Ann Buck** (Civil Engineering)

March 29, 2009

**Winona Chesley** (Library)

January 8, 2009

**Mary Y. Doi** (Spouse of James I Doi)

December 21, 2008

**William A. D. Jackson** (Canadian Studies)

March 10, 2009

**Thelma Kennedy** (Physiology & Biophysics)

January 10, 2009

**Barbara Krohn** (Student Publications)

February 8, 2009

**Don Lev** (Spouse of Marjorie)

April 1, 2009

**Genevieve A. Michel** (Financial Services)

January 16, 2009

**Mary T. Nece** (Spouse of Ronald)

March 29, 2009

**Suzi Neurath** (Surviving spouse of Hans)

February 6, 2009

**Frances B. Nostrand** (Surviving spouse of Howard)

January 17, 2009

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*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 President, staff remind University House residents: You are welcome at UWRA Events!

University House residents are welcome at all program events of the UWRA! This message was emphasized by UWRA President Laura Saunders and UWRA staff at a recent Residents' Council leaders meeting at University House at Issaquah. A similar meeting at the Wallingford community is anticipated soon. Ideas suggested for a stronger connection between all University House residents and the UWRA include holding UWRA events at University Houses for members who live in the area, stronger communication about coming events, and transport via available residence van if enough community members sign up to go.

## Volunteer librarian needed at University House at Wallingford

Keep your professional skills active. University House, Wallingford, home to many UW and other University retirees, is seeking the assistance of a retired librarian. The duties would be to supervise or to assist in supervising a well-organized, small library to serve an active, intelligent clientele. The estimated hours would be five to ten per week, totally flexible.

Please contact Theodore K. Barss, Executive Director, University House, Wallingford, 4400 Stone Way N, Seattle, WA 98103, (206) 545-8400.

## New Arrival's Face Page!



**Aaron Howard Herring On Scene:**  
December 21  
**Likes:** Tickling on legs and neck, being outdoors, smiling  
**Dislikes:** Car seat!

Welcome to Aaron Howard Herring, son of Adriane (Coblentz) Herring, Program Operations Specialist in the UW Retirement Center, and her husband, Joshua Herring. The family is doing well.

## Safety Matters: Walk Safely!

By Anne Guthrie

Spring is a great time to renew or initiate a walking program for your mental and physical health.

**Walk Safely.** Walking is such a routine part of everyday life that many people do not consider the safety aspects of walking. Most injuries to walkers happen when a vehicle hits them because the driver could not see the walker or walker and driver were not paying close enough attention.

The best option for regular walks is to walk in places with no vehicular traffic. Take time away from the traffic to enjoy Seattle's gorgeous spring flowers and trees. Consider parks (Magnuson, Green Lake, Alki Beach, Edmonds waterfront, SAM Sculpture Garden, Washington Park Arboretum) or shopping malls.

**See And Be Seen.** If you must walk near vehicular traffic, dress to be seen! During daylight (including dawn, dusk, and other low-light conditions), fluorescent colors such as blaze orange, hot pink, and day-glow green are ideal. If you walk at night, be sure to wear reflective or retro-reflective materials that give off light when headlights shine on them and that can be seen by drivers three times farther than white. Also, use a flashlight!

### Other Walking Safety Tips

- Don't rely on traffic signs and signals, even if you are in a crosswalk and are crossing with a light or walk signal.
- Stop and look for traffic in all directions—look left, right, and left again, even on a one-way street. (If your neck is not as flexible as it used to be, turn your whole body!)
- Watch out for turning vehicles at intersections.
- Carry your identification and a cell phone for emergencies.
- Wear sturdy shoes that give you proper footing.

If you discover problems with sidewalks, crosswalks, signals, or signs, report them to your local public works department. Check this web site for Seattle contacts:

<http://www.seattle.gov/transportation/pedneeds.htm>

# New around here? Getting Started with UWRA

Just as students graduate from the University and into adulthood in June, many UW staff and faculty also "graduate" into retirement as the academic year ends. If you're new to UWRA, you may be wondering about the best way to get started with us. These tips also apply to long-time members who would like to reacquaint themselves with what UWRA has to offer!

**Step 1: Get connected.** Be sure we have accurate contact information for you, including the email address you use most often. If you are a recent retiree, you received a request for information form in the packet of information that came from UWRA. Complete the form and send it in! The information you provide will help the organization to offer programs that interest you.

**Step 2: Get informed.** The weekly e-digest includes updates on UWRA programs and events as well as UW and local events and service opportunities. Read it and the monthly mailings that come from UWRA.

**Step 3: Get involved.** One easy place to start is with events that draw larger groups: The annual membership meeting, coming up on June 17, and quarterly meetings held in Fall and Winter; First Thursdays lecture/discussions from September to June; and the Spring Luncheon in April. Or make connections by volunteering for committees such as Program Planning or Mailing, which meet about once a month. If you don't see an opportunity or interest group that suits you, start one! Remember that the organization is as interesting and relevant as the membership makes it. *Welcome!*

## Interest groups

UWRA members organize interest groups and programs to learn, explore, build skills, and connect with other members.

Join in! Reconnect with colleagues. Share interests. Expand your horizons and learn new skills. Call or email the group coordinator for more information.

**Birding:** Barbara Clark, 206-524-0457, bshawclark@comcast.net

**Book review:** Lynn Klausenburger, 206-525-0329, lhk@u.washington.edu

**Bridge:** Marjorie Sanders, 206-524-5562, mhs76@comcast.net

**Computer club:** Hellmut Golde, 206-254-1633, opa@golde.org

**First Thursday talks:** Jean Morishima, 206-524-9242, morishima@comcast.net

**Hi-Lites Garden Luncheon club:** Ruth Bogle, 425-483-5925, rbogle3@yahoo.com

**Novice Genealogy:** Joe Creager, 425-823-7776, bjnjoe@att.net

**Walking at Magnuson Park:** Carolyn Scott, 206-522-1640, carolyn.scott@comcast.net

**UW Faculty Auxiliary's** interest groups also welcome UWRA members. For a list of those groups, go to

<http://depts.washington.edu/uwfacaux/interest2.html>

## Regular programs

**Travelogue at the UW Club:** Bill & Audrey Weitkamp, 206-325-6648, aajw@u.washington.edu

**Video movie and discussion at the UW Club:** Ruth Eller, 206-365-6305, rutheller55@yahoo.com

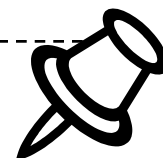
## New groups

**Don't see what you want?** Interested in day trips, museums, hiking, finances and investments? If you have an interest you would like to explore with other UWRA members, start a new group. Call the office for UWRA help with publicity and venues.

## Board committees

To get involved with the work of running the organization, call the UWRA office for more information about Board committee openings.

**UWRA Office: 206-543-8600**



## A Year in UWRA

September – June: Most interest groups meet monthly

October: Fall Membership Meeting

December – April: Scholarship fundraising and selection of recipients

February or March: Winter Membership Meeting

March: Election of new Board members

April: Spring Luncheon honoring scholarship and fellowship recipients

June: Annual Membership Meeting

Get schedules and details at [depts.washington.edu/retiremt/uwra/new.htm](http://depts.washington.edu/retiremt/uwra/new.htm)