February

By Nancy Wardwell

It is hard to imagine, but the early Romans didn’t include winter and their calendar had only 10 months.

In the 700s BC it dawned on someone that if they added two months to the end of the calendar it would conform with how long it actually takes the earth to go around the sun. Naming January for a god who looked both forward and backward made sense for the first month, but the new second month, February, was named after the Roman term *februum*, a purification festival held on the full moon of February. In 2020 that will occur on the 9th – if you are up for a ritual bath!

February may be the shortest month of the year but it is packed with interesting holidays – ancient and current, as our president Meg Teaford points out in her letter on page 2.

Interestingly, February is the only month that can pass without a full moon! That last happened as recently as 2018 and the next won’t be until 2037.

For eons, the passing of full moons has been a convenient way to mark the passing of time. Native American tribes of the northeast, especially, had names for full moons that related to weather, crops, and hunting and fishing.

The full moon in the month we know as February was widely known as the Snow Moon because usually the heaviest snows fall in this month. Hunting becomes difficult and supplies run low. To some tribes this was known as the Hunger Moon.

To many, “food insecurity” is a year-round condition. Some university students are vulnerable to hunger and that is why the OSU Retiree Association is working to help alleviate the situation. At various events we collect non-perishable food for the on-campus Food Pantry. Looking to the future we are working to establish ENDOWMENT TO COMBAT STUDENT FOOD INSECURITY. Please join this important effort and contribute to fund #316596!

Leap Year: Another curious fact about February is that every four years a day is added – a Leap Day – and 2020 has such a day – February 29. The day is added as a corrective measure because Earth does not orbit the sun precisely in 365 days. In fact, our Gregorian calendar was designed to keep the seasons lined up as expected! Specifically, that extra day keeps the vernal equinox lined up pretty closely with March 21, and that in turn insures that Easter is celebrated close to the vernal equinox.
February, our shortest month, is upon us. With Groundhog Day (or Candlemas or Ice Cream for Breakfast Day) on the second, we are halfway through the winter. February is a month to honor presidents, not just the great George Washington and Abraham Lincoln, but also Ronald Reagan and William Henry Harrison who have February birthdays, too. The Alpha Centaurid meteor showers will be visible in the cold, clear winter night sky early in the month and the Snow Moon will be full on February 9.

There is so much to celebrate starting with Valentine’s Day; be sure you send valentines to those you love. Even in these days of e-mails, text messages, and Twitter, everyone loves to receive old-fashioned snail mail. Not only is it Black History Month, but it is also Heart Month and National Bird Feeding Month, too. This year Mardi Gras is Tuesday, February 25 so be sure you have gumbo, jambalaya, and a king’s cake and listen to some good New Orleans jazz. You can see that the days are longer now. Have you seen snowdrops in your backyard? By the end of the month, the first crocus might be showing. Join our hiking group at a metro park and look for skunk cabbage bravely coming up through the snow. And finally, Leap Year! Added to the Julian calendar, it only comes every fourth year to give us an extra day to celebrate February!

Speaking of things we love and celebrations, mark your calendars now for the big celebration of Ohio State’s Sesquicentennial on March 21 on the Oval. It will be an all-day community event to honor 150 years. Details in the March newsletter.

As you know, OSURA honored this important milestone by establishing an endowed fund to combat student food insecurity and support the student pantry on-campus. We are making good progress on our goal of reaching $100,000 so we can have income to support the pantry. We’ll have another opportunity to give to the fund when Ohio State has its annual Day of Giving on Sunday, March 22. Several generous donors have stepped up and will match up to $15,000 in donations you make to the fund on that day. Again, more details in the March newsletter.

Finally, back in December, a longtime active OSURA committee member died. Her service was attended by her family, several neighbors, and about six OSURA members. I was struck by the loyalty of the OSURA members who wanted to remember her and thought to myself that this is one of the unwritten purposes of OSURA: to support each other and our families as we grow older. Thanks to our Friendship Committee which sends cards to those who are ill and the bereaved; they help carry out this mission so well.

Don’t forget those valentines.

Margaret H. Teaford
President of OSURA

Trivia!

Tamar Chute and Rai Goerler wrote a wonderful little book: The Ohio State University Trivia Book. They have given us permission to use selected gems from time to time!

1. Who was the first president of Ohio State University?
2. Which president served the longest?
3. How many of OSU’s presidents were ordained ministers?
4. Who was the only president of OSU who had previously been a student and a professor on campus?
5. Who was the first (and only) woman to be president of OSU?

Answers will be found elsewhere in this newsletter.
MEMBER SPOTLIGHT: Sam Schwarm
Sam Schwarm had a brief career at OSU but those years led to strong and enduring ties: “I started work as an OSU employee in the landscape maintenance in the summer of 1969. I worked in assigned jobs such as mowing and trimming grass in assigned areas. I even put on waders, and went into Mirror Lake to clean out algae growth. Interestingly, there are still occasional algae on the surface of Mirror Lake even after it has been re-engineered. I worked in this job for four summers. I attended Ohio State, autumn, winter, and spring quarters (OSU was on the quarter system at that time). I was able to manage the financial challenge of tuition cost, and books, with the money I made as an employee at OSU, during my summer job! I was a townie and didn’t have to pay for room and board. It says a lot about how much the economics of higher education has changed in 50 years.”

In 1973 Sam graduated with a B.S. in microbiology. Sam worked for a year in the sanitary micro unit of the Ohio State Department of Health Department laboratory. A year later he returned to OSU and earned an M.S. in food science, which is a specialty in food microbiology. Boehring-Ingelheim, a global firm in pharmaceuticals, hired him as a microbiologist specialist and he stayed with the company for 39 years, retiring in 2016.

His connections to OSU and interest in microbiology continue. He established a scholarship in microbiology at OSU and next year will be assisting, financially, his cousin, who will be studying microbiology. In addition, he is a member of the Presidents club, the OSU alumni club, OSURA and FOSAA (an astronomy club).

Like many retirees, Sam Schwarm stays active: “After my retirement, I moved from west Columbus to the Olentangy Village. I walk three or four hours each day for exercise while listening to WOSU and often take the Olentangy trail to campus. I have a Nordic Track in my apartment for use in winter when the weather is bad. I read microbiology, and other science textbooks, for about 2 hours each day for mental exercise (it’s also interesting). I enjoy attending lectures (like Science on Sundays), and Astronomy lectures, which are free and open to the public.”

Although Sam has only been a member of OSURA for roughly a year, he enjoys socializing with fellow retirees and learning new things. Frequently he attends Lunch Bunch and commented: “Information from the Red Cross talk could save lives.” Of another presentation, Sam remarked “I was amazed at the close-up photos of the eagles. I didn’t know they lived in Ohio. I thought they only inhabited the western states.”

Now that you know about Sam Schwarm, feel free to say “hello” when you seem him at Lunch Bunch or other events of OSURA.
COMMITTEE MEETINGS

February 4 (Tuesday)
Benefits Committee
Time/Place: 9:30 a.m., Longaberger

February 11 (Tuesday)
Board Meeting
Time/Place: 9:30 a.m., Longaberger

February 26 (Wednesday)
Membership Committee
Time/Place: 10 a.m., Longaberger

MONTHLY ACTIVITIES

February 13 (Thursday)
Photo Society
Program: 2019 Photographic Society’s Annual Awards
Time/Place: 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club. You MUST make reservations for dinner by calling 614-292-2262 by February 10.
Cost: on your own
Arranger: Nancy Verber (Photographic Society SIG)

February 15 (Saturday)
Walking/Hiking Group
Challenge Level 2-4
Join us as we walk the trails at Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville
Time/Place: 11 a.m., we’ll meet at the Ranger Station.
Arranger: Hallan Noltimier (Walking/Hiking SIG)

February 18 (Tuesday)
Craft Group
Bring your own craft of choice or just join us to eat, socialize and see the talents of other retirees. Please RSVP to marycul4@gmail.com
Time/Place: 2-4 p.m., Massey’s Pizza, 152 Graceland Blvd (Graceland Shopping Center)
Arranger: Mary Cull (Craft Group SIG)

February 19 (Wednesday)
Book Club
Born a Crime: Stories from a South African Childhood by Trevor Noah. The story of one man’s coming of age set in the twilight of Apartheid and the tumultuous days that followed. Revealed is how he rose from his illicit biracial birth (the born a crime part) to be at the desk of The Daily Show. WINTER WEATHER NOTE: if Columbus City Schools close due to weather, we will cancel also.
Time/Place: 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive. Call Lee Hill (614-459-4743) for directions.
Arranger: Lee Hill (Book Club SIG)

February 20 (Thursday)
Lunch Bunch: The Age-Friendly Movement in Central Ohio
Come learn about the international Age-Friendly Movement. What are Columbus and Franklin County doing to improve the physical and social environments for all residents regardless of age or ability? And how is Ohio State involved in this program?
Time/Place: 11:15 a.m., MCL Cafeteria, Kingsdale Cost: On your own, order through cafeteria line starting at 11:15 a.m., program at approximately noon.
Contact Person: Elenore R. Zeller (Social Committee)

February 25 (Tuesday)
Tertulia Breakfast
Please join OSURA members and friends for breakfast and conversation.
Time/Place: 8 a.m., OSU Faculty Club Cost: On your own
Arranger: Jerry Dare (Tertulia Breakfast SIG)

February 26 (Wednesday)
Bridge Group
Please join us. We welcome new members. There is no membership fee and it costs only 25 cents for prizes the day you play. Come enjoy the fellowship, and have fun playing a good game of bridge at the same time.
Time/Place: 1 p.m., Friendship Village of Dublin, North CR
Arranger: Steve Miller (Bridge Group SIG)

February 1 (Saturday)
Health & Wellness: Lecture Series
REGISTRATION NOT REQUIRED
Come and listen to two engaging presentations – Sleeping Well In The Older Age-Patterns Of Sleep In Mature And Senior Adults by Dr. Chris Nguyen, OSU Department of Neurology. And Senior Adults
Time/Place: Check-in and coffee at 8:30 a.m.; lectures 9 a.m., Martha Morehouse Auditorium, 2050 Kenny Road
Cost: Free
Arranger: Rod Tomczak and Sandy Cornell (Health & Wellness SIG)

February 14 (Friday)
BalletMet – ALICE
Senior Dress Rehearsal
Challenge Level 1
REGISTRATION REQUIRED
Tumble down the rabbit hole with the world premiere of Edward Liang’s ALICE, a lush and vivid production based on the later stories of author Lewis Carroll. Bursting with colorful sets, brilliant theatrics and charming characters, ALICE will delight you and leave you saying, ‘Curiouser and curiouser!’ Register at osura.osu.edu or call 614-292-2281. Tickets will be held at Will Call.
Time/Place: Curtain rises at 11 a.m., doors open at 10:15 a.m. Seats are general admission. Ohio Theater, 39 E. State Street
Cost: $20.83 (admission ticket)
Registration/Refund Deadline: February 7
Arranger: Odette Blum (Cultural Arts Committee)

SPECIAL EVENTS

February 1 (Saturday)
Health & Wellness:
Lecture Series
REGISTRATION NOT REQUIRED
Come and listen to two engaging presentations – Sleeping Well In The Older Age-Patterns Of Sleep In Mature And Senior Adults by Dr. Chris Nguyen, OSU Department of Psychiatry and Behavioral Health, and The Normal Aging Brain Versus Dementias by Dr. Chris Nguyen, OSU Department of Neurology.
Time/Place: Check-in and coffee at 8:30 a.m.; lectures 9 a.m., Martha Morehouse Auditorium, 2050 Kenny Road
Cost: Free
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CHALLENGE LEVELS
1 Light – may include a few stairs.
2 Moderate – may include a few sets of stairs.
3 Moderate + – may include climbing many stairs and/or uneven terrain.
4 High – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

OSURA News
Registration Instructions

1. Registrations requiring payment: Registrations can be made by going on-line to osura.osu.edu or by calling 614-292-2281 or 1-800-762-5646. You can pay by credit card (preferred), or if you mail in a check make it payable to OSUAA. Put the name of the trip in the Note/Memo section of the check and send or drop off to:

   Customer Service
   c/o OSURA
   Longaberger Alumni House
   2200 Olentangy River Road
   Columbus, OH 43210

   The reservation is not made until payment is received.

2. Registrations NOT requiring payment: Registrations will be made through the Arranger's email provided in the description of the event, or if you do not have computer access call 614-292-2281.

March 4 (Wednesday)
James Thurber Exhibition
Columbus Museum of Art
Challenge Level 2
REGISTRATION REQUIRED

This docent-led event celebrates the 125th anniversary of James Thurber's birth, with A Mile and a Half of Lines and showcases the drawings of James Thurber, Columbus' native son and one of America's best-known 20th-century writers.

Meet by: 10:45 a.m., in the museum lobby
Return: approximately 12 p.m.
Cost: $10; cost includes admission and exhibit fees (E. Gay St parking lot is $5)
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by February 17
Arranger: Odette Blum
(Cultural Arts Committee)

March 8 (Sunday)
“A Doll’s House, Part 2”
Civic Theater
Challenge Level 1
REGISTRATION REQUIRED

Set in 1894, the play concerns Nora, who has left her family and then returns after 15 years. It examines the norms of society and gender. This play and its actors received eight Tony nominations and a win for Best Actress. Register at OSURA. CulturalArts.Travel@gmail.com

Time/Place: 1:45 p.m. Civic Theater, 3837 Indiana Ave
Return: approximately 4 p.m.
Cost: $15, payable at the door
Registration/Refund Deadline: March 1
Arranger: Marilyn Blackwell
(Cultural Arts Committee)

March 13 (Friday)
Tour of the OSU Veterinary Medical Center
Challenge Level 1
REGISTRATION REQUIRED

Behind-the-scenes tour of the OSU Veterinary Medical Center (VMC) and the new Veterinary Clinical and Professional Skills Center at the OSU College of Veterinary Medicine (CVM), lead by Dean, Dr. Rustin Moore. The VMC’s three hospitals collectively had over 40,000 patient visits last year!

Meet by: 9:45 a.m., VMC, 1900 Coffey Road
Return: approximately 12 p.m.
Cost: no cost, unless using OSU parking garage
Registration: Register at OSURA.CulturalArts.Travel@gmail.com by March 1
Arranger: Ron Currin (Cultural Arts Committee)

March 20 (Friday)
Chihuly: Celebrating Nature at Franklin Park Conservatory
Challenge Level 2
REGISTRATION REQUIRED

A docent will lead visitors on a journey through the bold and colorful works of Dale Chihuly. These beautiful, breathtaking pieces are situated within the Conservatory and its Botanical Gardens.

Meet by: 12:45 p.m., at the registration desk of the Conservatory, 1777 E. Broad St.
Return: approximately 2:30 p.m.
Cost: $16; includes admission and guide
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by March 11
Arranger: Marilyn Blackwell
(Cultural Arts Committee)

Trivia Answers...

1. Edward Orton (1873-1881)
2. William Oxley Thompson (1899-1925)
3. Four

From OSU Trivia Book, Chute and Goerler. 2007.
In Memoriam

Darrel Acker
December 5 | OSU Extension, 83

Adil Agha
December 26 | Economics, 85

Juliette Chambers
December 30 | OSU Medical Center, 95

Janet Conner
December 6 | OSU Medical Center/James, 69

Luvern Lee Cunningham
December 6 | Education, 94

John Davis
December 8 | OSU Medical Center, 81

Constance E. Ford
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Frederick D. Meyers
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Janice Lynn Reinhard
December 15 | Athletics, 72

Larry Robinson
December 15 | Fisher College of Business, 78

Carl Scott
December 16 | Dentistry, 86

Virginia Jennie Slider
December 20 | Engineering, 94

Mary Jane Toy
December 23 | OSU Veterinary Hospital, 81

William Twagorowski
December 6 | OSU Extension, 89

Stanley Vermilyea
December 25 | Dentistry, 71

John Wilkins
December 6 | Physics, 83
To Your Health

Is it a Cold – or is it the Flu?

Colds and the flu are both respiratory illnesses but caused by different viruses – and they share several symptoms. The flu is especially severe this season and special tests must be done in the first few days to begin appropriate treatment. It is critical to know the difference between the symptoms!

Center for Disease Control

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLDS</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEVER</td>
<td>Rare or low</td>
<td>Common-often high. 102-104 for 3-4 days</td>
</tr>
<tr>
<td>SNEEZING</td>
<td>Usual</td>
<td>Occasional</td>
</tr>
<tr>
<td>NASAL CONGESTION</td>
<td>Common</td>
<td>Occasional</td>
</tr>
<tr>
<td>BODY ACHES</td>
<td>Mild, if any</td>
<td>Usual, often severe</td>
</tr>
<tr>
<td>WEAKNESS</td>
<td>Mild</td>
<td>Usual. Can last 2-3 weeks</td>
</tr>
<tr>
<td>COUGH</td>
<td>Mild to moderate</td>
<td>Common. Can become severe</td>
</tr>
<tr>
<td>HEADACHE</td>
<td>Rare</td>
<td>Common and extreme</td>
</tr>
<tr>
<td>EXHAUSTION</td>
<td>Rare</td>
<td>Early and pronounced. May be prolonged</td>
</tr>
<tr>
<td>SORE THROAT</td>
<td>Common</td>
<td>Occasional</td>
</tr>
<tr>
<td>NAUSEA, VOMITING, DIARRHEA</td>
<td>None</td>
<td>Occasional. More common in children than adults</td>
</tr>
</tbody>
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FROM: The Benefits Committee

STRS Report  By Jerry Newsom

Where do pension plans get the money they use to pay retirees? Averaged over the last three decades, public pension plans in the U.S. received 63% of their money from investment earnings, 26% from employers, and 11% from employees. Note that typically in this country employers have paid more than twice the employee contribution. Employees used to pay less into STRS than employers, back when employees contributed 10% of salary, but now both employers and employees pay the same 14%. Retired teachers and faculty are no longer getting their cost-of-living adjustments (COLAs) and active teachers are paying 4% of salary more than they did a few years ago. Only employers have not been asked to share in the pain. Understandably there are efforts to have the legislature increase employer contributions, making Ohio closer to the national norm. But there is also pressure on legislators to CUT employer contributions; doing so would allow schools to spend more on educating students without increasing appropriations or taxes. Labor unions with collective bargaining agreements know they can negotiate larger salary increases for teachers within a fixed education budget if schools pay less to STRS. Should employer contributions be cut, the horizon for reinstating COLAs for STRS retirees recedes further into the future.

SAVE THE DATE | 9.23.2020

23rd Annual Fall Conference
Wednesday, September 23, 2020
Fawcett Center

The 2020 Conference Planning Committee has been hard at work and meeting regularly since the moment the 2019 Conference concluded.

This will be the 23rd annual fall conference for OSURA, and it is shaping up to be one of the best yet. A theme has been chosen: “Celebrating the Future” which is the perfect follow-up to our celebration of OSUs first 150 years.

An excellent Keynote Speaker will be announced soon and the individual sessions are being finalized.

WE WILL INDEED Celebrate the Future!
The OSURA Travel Committee is planning an exciting trip for October 11 – 25, 2020. It will feature Classical Greece and Islands, including Mykonos and Santorini.

Contact: Alabelle Zghoul