Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Save the Date for the PURA Kickoff Luncheon

Mark your calendars now for the annual PURA Kickoff Luncheon!
The event will be on Monday, Sept. 12, at the University Plaza Hotel.

Complete information, including your invitation and registration form, will be in the July issue of the PURA Newsletter.

Purposeful Living in Retirement
conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Take a trip this summer with fellow retirees

Musical comedies, history lessons and the boys of summer — it’s all here! Sponsored by the Trips and Tours Committee, the following trips will be held this spring and summer. For more information, contact Jim Marciniak at jrmarciniak@yahoo.com.

• May 19 – Dinner/theater trip to Indianapolis. Dinner will be at The Iron Skillet. Theater will feature “The Musical Comedy Murders of 1940.” Cost is $72 per person. The escort is Top Notch Travel.

• June 28-29 – Underground Railroad: Journey to Freedom. Cost is $199 per person. The escort is Imperial Travel. See Page 5 for more details.

• August – Indianapolis Indians baseball game. The date, time and escort have yet to be determined.

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.

Purposeful Living in Retirement conference to be held April 27

The Purposeful Living in Retirement conference will be 8:30 a.m. to 2:30 p.m. April 27 at the University Plaza Hotel in West Lafayette.

 Speakers will present topics such as:
  • Dealing with facts and fallacies about nutrition in the golden years.
  • Physical activity isn’t a kid’s game anymore.
  • Medical Safety: Tips and tricks to avoid interactions.
  • Replacing agility with ingenuity: Options as we age.
  • Combating electronic scams with safe behaviors.

 There also will be an exercise session for those wishing to participate. The conference will address retirement living along with a buffet lunch and breaks with refreshments. An interesting array of displays by exhibitors also is being planned.

 The cost for the conference is $10 per person, which includes lunch, refreshments and conference materials. Brochures and applications are distributed to retirees and others in the Lafayette-West Lafayette area.

 Guests are invited, so be sure to let your friends know about the conference. Registration is due by April 20. To register, call 765-494-0900.
Organizational changes announced in Human Resources
by Kevin Vedder, Director, Human Resources Service Center

As part of the Human Resources (HR) Strategic Plan, a new organizational structure was put in place in January to provide greater transparency and accountability for HR processes/services and enable HR to increase the value of its systems and processes.

Key features of the new HR structure include:
- Reporting by HR staff on the West Lafayette campus through the VPHR organization.
- Strong departmental and central HR presence managed through matrix reporting relationships.
- Transfer to Payroll of all shared service functions associated with appointment and non-base pay actions.
- Establishment of an HR Service Center to build consistency in HR practices, policies, and more efficient processes and services.

Specific to the HR Service Center (HRSC), the vision for this evolving area is to manage all HR transactions and provide one-stop support with high-quality, responsive customer service to all Purdue faculty, staff, students, retirees and stakeholders.

HR service centers have been a proven service delivery model and used effectively in the private sector for several years. The presence of HRSCs in the higher education environment is just now starting to be used. A key advantage to using an HRSC delivery model in the higher education environment is the ability to better leverage resources and provide more efficient and responsive service by processing transactions in a central area. In addition, HRSCs make better use of resources by enabling HR staff to provide a wide variety of services and assistance to customers.

While the HRSC model is still evolving on the West Lafayette campus, the initial structure will focus on establishing functions around customer support/service, leaves processing and benefit programs. As these initial functions and processes are refined, additional services will be managed by the HRSC that are currently handled throughout the HR organization, including transactions related to employment, position management and unemployment claims processing.

As the HRSC service delivery model evolves over the next several months, emphasis will be placed on putting this new structure in place so it is transparent to our customers and stakeholders, with a focus on providing timely support.

Specific to the Purdue retiree community and recognition of this group as key users of HR services, ongoing customer assistance will continue to be provided by Kate LaMar and Susan Ince. As the service delivery model evolves and matures, all staff in the HRSC will be able to provide a wide range of customer services to our stakeholders.

Speakers scheduled for remaining luncheons

Mark your calendar and join PURA at its monthly luncheons on the first Monday of each month at the MCL Cafeteria in West Lafayette. Select your lunch from the cafeteria line, which opens at 11 a.m., then join the group for the program. Programs begin at noon in the Purdue Room. Speakers scheduled for the remainder of the year are:
- May 2 – Steven Beering – “Perspectives”
- June 6 – John Norberg – “Wings of Their Dreams: Purdue in Flight”
- July 4 – No program
- Aug. 1 – Charlene Sullivan – “Grading the Economic Recovery”

Recently, attendees heard from Paul Robinson, who shared his experiences climbing Mount Everest. In March, Anthony Cawdron gave a behind-the-scenes look at his role as house manager for the president of the university.
Tips on how to prevent identity theft

As you make your travel plans, think about how you’ll keep your personal information safe. When you’re away from home, distractions become opportunities for thieves who are looking for ways to steal your identity. Don’t let them ruin your vacation.

These simple steps can save you hours of frustration and hundreds of dollars or more.

**Before you go**

- Have your mail collected or held at the post office.
- Contact your financial institution and tell them where you will be traveling. This way they won’t block your credit or debit card transactions when the institution notices the transactions are out of the ordinary and you can’t be reached to verify the transactions are legitimate.
- Don’t blog, tweet or post your travel plans on social networking sites.
- Decide which credit cards you’ll take (as few as possible) and how you’ll stash a backup in case one is lost, stolen or canceled.
- Make a list of important phone numbers, including the numbers of your financial institution and other credit card issuers.
- At home, make sure your financial documents aren’t sitting in plain view.

**When traveling**

- Don’t carry extra credit cards or personal information (Social Security number and so forth) in your wallet or purse unless necessary.
- Never leave your purse or wallet unattended.
- Beware of distractions. Criminals create or take advantage of distractions and then try to steal your personal items.
- Assume public wireless establishments aren’t secure. Don’t enter passwords or financial account information when using a public wireless “hot spot” or cyber café.
- Use cash when possible.
- Confirm credit card numbers in person at hotels instead of over the phone.

—by Jackie Hofman, PFCU
Join the festivities at Spring Fling on May 19 on Memorial Mall

Enjoy a beautiful spring day and a bevy of activities at this year’s Spring Fling 2011, scheduled for Thursday, May 19, in and around Memorial Mall. Retirees are invited to join current faculty, staff and graduate student staff in the activities, which will begin at 11:30 a.m.

The day of food and fun will include many traditional favorites: lunch (with a vegetarian option), fitness walk, bingo, classic vehicle show and free play activities.

There will be a new event, Purdue’s Got Talent, in the afternoon at Loeb Playhouse. Anyone interested in trying out for the talent show must send the registration form by April 29. This year the staff appreciation drawing will be after the talent show. The winner must be present at the drawing.

Golf also is on the activity list. Tee times will be available at the Ackerman Hills and Kampen courses. Those who want to play golf should call 765-494-3139, ext. 1, to reserve a tee time.

Also available this year will be a chance to donate blood at the Indiana Bloodmobile and an opportunity to contribute to the Food Finders Food Bank.

If you plan to participate in the fitness walk, the starting point this year is the mural in Stewart Center.

Many Purdue retirees are expected to be on hand as volunteers and to offer assistance to those who are thinking about retirement.

The registration form below should be filled out and returned to the address indicated by May 12.

Volunteers needed

Retirees are encouraged to volunteer for an hour or so during Spring Fling 2011. Opportunities for volunteering include helping in the food line, helping serve popcorn or assisting with setup and/or cleanup. To learn more about volunteer opportunities, indicate your interest on the form below or call Carrie Hanson at 765-494-7397 or visit www.purdue.edu/springfling to register online.

---

Spring Fling 2011 • Thursday, May 19
Faculty, Staff and Retirees Appreciation Event Retiree Registration Form

Name ______________________________________________________________

Address __________________________________________________________________________________________

City __________________________ State __________________ Zip _________________

Telephone number ____________________________________________________________________________________

Email address ______________________________________________________________________________________

☐ I’d like to volunteer to help with Spring Fling 2011. My area of interest is:

Food/refreshments ___ Fitness Walk ___
Any area ___ Cleanup ___

☐ I’d like to participate in the Spring Fling Classic Vehicle Show.
Vehicle make ______________________________ Model ______________ Year ______________

☐ I want to participate in the Spring Fling Fitness Walk.
☐ I want to participate in the Spring Fling Talent Show.

NOTE: Golf participation: Those who would like to play golf must reserve a tee time at the course by calling 765-494-3139, Ext. 1.
Retrace the desperate, treacherous path to freedom on the Underground Railroad

Join Purdue retirees and friends for a two-day "Journey to Freedom" on June 28-29.

Step back in time when secret nooks and tunnels hid thousands of runaway slaves from bounty hunters as the slaves journeyed North. The excursion will begin with a tour of the Levi Coffin House, an eight-room Federal style brick home, located in Fountain City, Ind.

The tour continues to Springboro, Ohio, where a local guide will join us. Springboro is believed to have been the most traveled area in Ohio for runaway slaves. There are 27 documented houses where runaways were able to hide. You also will visit the Null Cabin, the oldest on-site log cabin in the country.

The next morning, the tour visits the Rankin House in Ripley, Ohio. More than 2,000 slaves climbed the "Stairway to Liberty" from the Ohio River to this home. Other highlights include The Parker House, home to African-American abolitionist John Parker. From Lafayette, Ind., the trip will travel through Newport (Fountain City); Warren County; Ripley, Ohio; to Springboro, Ohio. The last stop is the National Underground Railroad Freedom Center in Cincinnati.

The trip includes transportation, one-night's lodging, three meals (one breakfast and two lunches), admissions per itinerary, taxes and Imperial escort. The cost is $249 per person single; $199 per person double; $189 per person triple; and $179 per person quad. Make reservations with Imperial Travel at 800-842-6645 or 765-447-9321. Or email ImperialTravel@comcast.net with questions. Be sure to mention you are with the Purdue Retirees Group. (If you wish to seek a roommate, talk to Julie at Imperial Travel.)

To learn more about the tour, visit www.Imperial-Travel.com and click on Royal Tours. Call Sue Abney, member of the PURA Trips & Tours Committee, with questions at 765-420-7315.
Astrid Phillips was born in 1932 into a privileged family in the city of Stettin which was in northeastern Germany; today it is in Poland. She was beloved by her parents, older sister and her nanny. Her father was a lawyer connected to an agricultural organization. Her mother did not understand the word “no” which turned out to be very helpful in the days to come. Her father couldn’t join the Nazi party because of membership in a lodge. Two years later, he was approved, but in those two years he saw many things he didn’t like. He demurred.

In the summer, the family moved to a rural cottage surrounded by an orchard and adjacent to a forest which hosted day trippers. Days were spent on the beach in rattan huts. Later they replaced the cottage with a house.

On Sept. 1, 1939, German armies invaded Poland. Two days later, Britain and France declared war. Rationing quickly followed: potatoes, coal, fish, sugar and more. Everyone was expected to donate clothing, paper and metal to the war effort. The family car was confiscated, for which they were paid a nominal amount. Skis went to the mountain troops. At 6, Astrid was a very good skier and she feared for her skis. By good fortune, they were too short.

Astrid had to walk 45 minutes to school, in which boys and girls were taught separately. Students were given a vitamin C tablet every day. They stood in the school yard with their arms raised in the Nazi salute singing patriotic songs until their arms ached.

Having learned nothing from Napoleon, Hitler sent troops to Russia. He allowed them all to be killed rather than surrender. Stalingrad was seldom mentioned in Nazi Germany.

Astrid’s family walked a tight line due to their beliefs. She was warned that a classmate was going to turn her in after she repeated an anti-regime joke. A committee worker reported her mother for not turning in enough old clothes for the poor. She explained to the officer who came to check that she made her children’s clothes out of old ones, which did not deplete reserves. He advised her to file for false accusation, but she said she didn’t want to ruin a young person’s record. The family knew several people who had been held for their views and released.

Astrid skipped fourth grade and went into the city with her father. She had to join the girls equivalent of Hitler Youth. She wore a uniform, made toys for poor children and learned about Hitler Youth. It was an equal society but she soon noticed that some people were more equal than others. Their maid, Martha, wore a “P” for Polish. They were told that Poles didn’t celebrate Christmas. However, they found out that Martha was a devout Catholic, and once she had a lovely day with Martha’s family.

The bombs started. Each basement had to have one reinforced wall, but this wasn’t effective. Shelters of concrete were built in the city and tunnels were dug in hillsides in the suburbs.

Bombings were at night with lots of green flares, search flares and artillery. The gunners were young boys; all boys age 15 and over had been drafted. In the morning the ground was covered with metal foil strips dropped to confuse radar. The children collected shrapnel.

In May 1943, the Polish Underground sent word to London that V1 and V2 rockets were being developed near Astrid’s home. Day bombings began. Though people stopped going to town, her mother sent her on an errand to the outskirts. When the warning siren sounded, she ran to her aunt’s house in the heart of town. At the “all clear,” she retraced her steps only to find a bridge out, a broken water main and bomb craters. It was a near thing. She found some large pieces of shrapnel, but had nothing to carry them in and was dismayed.

Her sister, who planned to train in medicine, spent summers in work camps doing dirty and difficult jobs. One of her college classmates turned her in for telling jokes about Hitler. Her professor made her file disappear, possibly saving her life.

In spring 1944, troops were approaching, so the school was evacuated to a small, country town. No parents were allowed, but her mother rented a small room where they stayed. To stop children from sneaking on the tram to visit home, they moved the children and staff to a small island. To keep Astrid from the island, her mother got her pediatrician to
say that she had Huntington’s chorea. A year later, they learned that the adults had abandoned the children on the island.

In March 1945, the family left their home for the last time and gathered at a farm with many other refugees. To join the family, her sister, now in medical school, had escaped westward on foot and in any vehicle she could find. She was an intern at a hospital where she treated many women victims of vicious Russian attacks, including a 15-year-old who gave birth. She quietly gathered enough cyanide for the family.

As the Russians grew nearer one night in April, they slept in their clothes with the cyanide near. Fortunately the Russians did not arrive, so the next day they set out in wagons pulled by tractors. All luggage was abandoned. Astrid cried as she saw her small green bag left behind. Her father allowed it to come. Inside were pictures of German cities before the bombings. Much later, she gave them to a museum.

Traveling at 25 miles an hour, they had much bad luck. The tractor carrying her mother broke down and the wagon was left behind. Russian planes shot at them, but apparently missed on purpose. On May 2, 1945, they reached a city and the British were there. They were safe. Four days later, the war ended.

Though the war was over, the next three years were bleak. There was little food, and the family gave a large portion to Astrid as she was still growing. Through messages delivered by hand, Astrid’s mother located the girls. After two tries, she managed to cross the barbed wire and mine field of the Russian border. They all lived in one rented room. The father became a judge, but previous judges returning from the war resumed their positions and he opened a small law practice. All money now went to Astrid’s college costs. She wanted to be an engineer, but knew that wasn’t possible in Germany so she was determined to take the first boat out to wherever it was going.

On June 20, 1948, the mark was devalued and the Deutchmark was in place. With the aid of the Marshall Plan everything began to normalize. The Federal Republic of Germany resumed its status in world commerce. Her new life began. – by JoAnn Thomas

Retirees visit PRIME Lab in March

Retirees visited the PRIME Lab (Purdue Rare Isotope Measurement Laboratory) in the Department of Physics on March 24.

Twenty-seven members of the Purdue University Retirees Association were given a two-hour tour of the laboratory, where attendees were escorted two floors below ground level by Tom Clifton. The lab occupies 31,000 square feet of floor space.

Clifton, a geologist, explained that the laboratory is dedicated to research in the earth and biomedical sciences. Earth science applications include radiocarbon dating, which is dating the exposure time of rocks on the surface of the earth in the range of 10,000 to 300,000 years, measuring erosion rates of rocks and landscapes, dating and tracing of old ground water and dating meteorites recovered from the Antarctic ice sheet.

Biomedical applications include tracing of organic molecules, measuring bone resorption rates and studying the effects of adjuvants in vaccines.

The sophistication, size and complexity of the equipment in the two large rooms is impressive. All of the extensive machinery and associated equipment has been fabricated because there is no commercial source. The PURA retirees enjoyed this unique look into Purdue’s research.

To see more pictures from the tour, visit the retirees website at www.purdue.edu/retirees.
Check and approve your address information

The Purdue University Retirees Association is working hard to keep up-to-date with addresses, phone numbers and e-mail addresses for retirees. Retirees are asked to check carefully the accuracy of their name and address as it appears on the mailing label (above) of this issue of the PURA Newsletter. Please make any changes on the form below and mail to the address indicated or email to julie1@purdue.edu. Thank you.

Purdue University Retirees

Please help us keep your information accurate. Send any changes from the mailing label that appears above on this issue of the PURA Newsletter. Thank you for your help.

Name _________________________________________________________________

Address ________________________________________________________________

City _____________________________ State __________________ Zip code ____________________

Phone _________________________       Email address ___________________________________

Return this form to:
Julie Thedans
Purdue University Retirees, Human Resource Services
401 S. Grant St.
West Lafayette, IN 47907-2024