

April 2016

PURA News

Purdue University Retirees Association

Scholarship Matching Gift Will Double PURA Members' Dollars During 2016 Purdue Day of Giving Event

Circle April 27th on your calendar. This is the day you can double your 2016 charitable dollars. This is the day you can increase and expand the effectiveness of your gift to the PURA Student Scholarship endowment.

Purdue Day of Giving on April 27th is an online-based fundraising event. For 24 hours, students, alumni, faculty, staff, parents, friends, and retirees will come together to give the dollars that create opportunities and transform lives.

PURA is taking part in this year's Day of Giving by raising funds for our new PURA Student Scholarship endowment. Our goal for this scholarship is \$25,000, and that amount will be matched by an anonymous donor bringing our total endowment to \$50,000.

This new scholarship endowment has been created in addition to the Martin C. and Patty Jischke Scholarship that is not eligible for the matching donation. Donations to this new endowment will help additional young people realize their dream of a Purdue education.

Your donation can be made April 27th online at <https://dayofgiving.purdue.edu>. If you are mailing a donation, write a check payable to the Purdue Research Foundation, with the PURA Student Scholarship noted in the memo line. Send it to: Purdue Research Foundation, 403 W. Wood Street, West Lafayette, IN 47907-2007.

This is your opportunity to show that retirees continue to be actively involved with the university and are among its strongest supporters. We know from our own experiences that a Purdue education changes lives and through this scholarship we can open the doors of opportunity to a new generation of Boilermakers! (J. Norberg)

PURA 2020: Your Chance to Make a Difference

A task force is being formed to address what PURA might/could/should be in the year 2020. Task force members will collate submitted suggestions, dream of news ones, analyze the lists, and present a summary report to the PURA Board. The Board will decide which suggestions should be implemented and in what time frame.

This is your chance to participate in the continuing evolution of PURA. While not a formal survey format, this request gives all members an opportunity to contribute. Things do change with workable suggestions. For example, the now monthly PURA NEWS was only a dream several years ago. All ideas will go anonymously on an initial list. Your response can be as simple as answering, "I'd like PURA to _____", or "I wish PURA

would _____", or as detailed as a specific list of suggestions. Feel free to address any aspect of PURA as you know it or would like it to be. Consider what we do now (PURA NEWS, benefits/insurance, local and out of town tours, activities, conferences, monthly lunch meetings, etc.) and what we might do in the future.

Respond via email to o.wood123@comcast.net. Your name will not be associated with anything you send. If you do not wish to use email, mail your ideas with no return address to 136 Indian Rock Dr., West Lafayette, IN 47906. The deadline date for receipt is April 20, 2016. If you know of a pre or recent retiree who might be interested in being on the task force, or if you have a desire to be a member, please let Olivia Wood know at the email address above.

All About Batteries

R. Edwin Garcia, PhD, an Associate Professor of Materials Engineering at Purdue, spoke at the March MCL luncheon. His topic was the U.S. Department of Energy's 2020 goal to produce an affordable battery powered vehicle that can drive about the distance of a trip to Chicago without needing to have the battery recharged. It is currently possible to do that now, but the cost of such a battery is prohibitive. Professor Garcia cautioned that although the future will bring more affordable batteries, they will still have to be recharged for long term use of the vehicle. Today the batteries in cars which also use gasoline last about 5 years, and cost less than \$100 to replace. Rechargeable batteries used to totally run a vehicle could cost as much as \$30,000. That cost would need to be figured in to the total maintenance cost of the vehicle, putting a totally battery operated car out of the range for many people.

Professor Garcia reviewed the history of batteries used to power cell phones, computers, toys, small equipment, and many more items that are providing

Spring Fling 2016

Spring Fling will be held on Wednesday, May 25, at the Purdue Memorial Mall. PURA members are welcome to attend the scheduled events or work as a volunteer.



us with daily conveniences. The higher power levels we continue to desire (how long the battery will power without being recharged) come at the expense of high energy. For example, the longer a battery for a computer runs, the more heat it generates and the hotter it becomes, which then leads to safety concerns.

This is a limiting factor in developing higher power levels. He explained that with batteries, it's all about the chemistry. Chemicals make up the anode and cathode components in batteries. For safety reasons, it is necessary to separate the chemical components to keep them from mixing together which could result in an explosion. In fact, 62% to 74% of the actual battery size is needed for the total package to provide for safety.

The raw materials are not currently produced in the U.S, with most lithium mines in Japan, China, and Bolivia. Recycling batteries is an environmental concern and currently there are no standards in place for recycling. There are only 2 main recycling places in the world; one in Detroit and one in Europe. (O. Wood)



Registration deadline will be May 13. The registration form will be sent via email to retirees for whom we have email addresses. For those without, the registration form will be available for download on the PURA web site www.purdue.edu/retirees later in April, and will also be included in the May PURA News.

Task Master

Tim Rominger is a little different from most of his classmates in Health and Kinesiology. His curriculum includes a Marine Corp program, Platoon Leaders Class (PLC) similar to NROTC. The PLC path leads to becoming a Marine Officer. Over a two semester internship he must complete 430 hours working with people and groups. Obviously leadership and relating to all types of individuals is key.

When told he would be working with Silver Sneakers, he was not overjoyed. But within a week he was so enthused that at the first opportunity he asked to add a second group. His Silver Sneakers meet in a sunny room in the Ismail Center of Lyle-Porter that doesn't smell like a locker room. Unlike the old Ismail Center, there is plenty of parking space in the adjacent garage.

This particular Silver Sneakers group is not for the faint of heart. These retirees follow Tim in doing 50 minutes of exercises including pushups, squats, other upper and lower body strength training, balance, coordination and lots of cardio. All of this is done to appropriate background music. Tim admits it is a challenge to find the right "oldies". With the variety of exercises, seldom is any class the same

as the one before. Most involve the use of dumbbells or resistance bands. The routine is structured to challenge people, but not push them past their limits. Individuals may work at their own pace. Technique is critical and Tim suggests different levels of intensity for the exercises he leads, some of which may involve the use of a chair for support. For each exercise, he clearly explains the muscle groups being used and how toning them contributes to everyday tasks like lifting, standing, getting up, climbing stairs—and pushing away from the table.

Members of the group say they have a lot of fun and it's just like family. He readily shares stories of his experiences as a college student, his engagement and his philosophies of life. Naturally the retirees critique and share their words of wisdom with him. The program is free to anyone who has Purdue insurance and a Silver Sneakers card.

Tim Rominger has shown himself to be very intelligent. The Bloomington native had no trouble finding his way north.

VOLUNTEERS NEEDED FOR OCTOBER 14th HOMECOMING EVENT

Purdue's 2016 Homecoming weekend will honor the Class of 1966 for their 50th year anniversary. On Friday, October 14 there is an 8AM to 5PM reception area with food and giveaways in room 118 in the Union. Sponsored by the Purdue Alumni Association, 20 volunteers are needed to staff the room during the day, each for a shift of only several hours. If interested, please contact Chad Johnson at 494-2603 or chadj@purdue.edu

April Wellness Screenings—FREE

Location: Lyles-Porter Hall – Check in at the 1st floor Clinic Check-in area

Dates: April 4, 6

Times: 9am to 1pm

Contact: For appointments, call Chris Rearick at 496-0308 or email her at crearick@purdue.edu

All retirees/spouses are entitled to one free screening per calendar year. No fasting is needed. Finger sticks include Total Cholesterol, Glucose, High Density Lipo-protein and a calculated risk ration.

Q: Why couldn't the fool play cards on the boat?

A: Because he was sitting on the deck!

April Fool!

General Lafayette

The city of Lafayette derived its name from General Lafayette, hero of the American Revolution, after he made his Farewell Tour of America, in which he visited all 24 states and Washington City as the last surviving major general of the Continental Army.

Did you know ...

1. His birth name was quite a mouthful. The future hero was born Marie-Joseph- Paul-Yves- Roch-Gilbert du Motier de La Fayette in an expansive chateau in Chavaniac, France, on September 6, 1757. “It’s not my fault,” he joked in his autobiography. “I was baptized like a Spaniard, with the name of every conceivable saint who might offer me more protection in battle.”

2. King George III’s brother convinced Lafayette to fight against Great Britain.

3. Lafayette was only 19 years old and without combat experience when he arrived in America.

4. He was shot in the leg during his first battle.

5. Lafayette named his only son after George Washington.

6. Lafayette was a hero of the American Revolutionary War and French Revolution, and statesman and advocate for human rights and civic nationalism. At the age of 72, in France, he was still a revolutionary leader.

7. Lafayette co-authored the Declaration of the Rights of Man and the Citizen.

8. Lafayette is an honorary American citizen, granted by Congress in 2002.

10. Lafayette died on May 20, 1834, at the age of 76. He was buried in France beneath dirt from Bunker Hill, which he had taken for that purpose on his last trip to the United States.

To learn more about this French aristocrat and hero of the American Revolution, check out Sarah Vowell’s 2015 book, **Lafayette in the Somewhat United States**. It was a New York Times best seller and is available at the Tippecanoe County and West Lafayette public libraries.

Volunteer for the Crisis Center

What you give—

Volunteers provide rape survivor advocacy, crisis intervention, suicide prevention, information and referral, 24/7. Any problem. Any time..

What you gain—

- Crisis intervention skills. You’ll learn life-saving skills that are transferable in all walks of life.
- An education. You’ll learn about local and state mental health issues and social services. Required training and initial supervised phone shifts provide volunteers with the necessary skills to assist callers.
- Most of all you’ll experience the joy and personal pride of knowing you’ve helped someone in need!

Contact Mental Health America at 765.742.1800 or visit us online at www.mhatippecanoe.org and fill out an application to become a member of our crisis center team.

Mark Your Calendars!

April 4 PURA Monthly Meeting, MCL Cafeteria, 11 AM
Topic: Master Gardener Program
Speaker: John C. Orick, Purdue Master Gardener State Coordinator

April 20 Purposeful Living in Retirement Conference – Beck Ag. Center, 4540 U.S. 52 West, West Lafayette, 8:30 AM

April 27 Purdue Day of Giving

May 2 PURA Monthly Meeting, MCL Cafeteria, 11 AM
Topic: Hearing Technology — New Facts You Should Know
Speaker: Joshua Alexander, Ph.D., CCC-A, Dept. of Speech, Language & Hearing Sciences, Assistant Professor, Purdue University

May 7 Heritage Day “200 Years of Work & Play in Indiana”
Tippecanoe Battlefield Park, Battle Ground, 10AM-5PM.
FREE. Family event for fun day of activities and demonstrations highlighting our unique local history and place in the Hoosier story. Tippecanoehistory.org

May 25 Spring Fling (*note this is a Wednesday*)

June 6 PURA Monthly Meeting, MCL Cafeteria, 11 AM
Topic: Fall Prevention
Speaker: Shirley Riedek