

PURA News

Purdue University Retirees Association

January-February 2018

Slate of Officers for 2018-2019 approved for submission to PURA Members

At the December 2017 PURA Board Meeting, the following slate of officers for 2018-2019 was approved for submission to the PURA members:

President: Don Gentry

Don has served as President-Elect for the 2017-2018 PURA year and with membership approval will advance to the position of President. Don retired in 2009 after 26 years of service as a faculty member and administrator. He has been active in PURA since his retirement, chairing the Benefits Committee for seven years and receiving the PURA Betty Nelson Outstanding Service Award.

President-Elect: Thomas Turpin

Tom Turpin retired in July 2017 as Professor Emeritus of Entomology. He served the Entomology Department of the College of Agriculture as a popular faculty member for more than 45 years and upon retirement began attending monthly PURA lunch meetings as both a speaker and a regular attendee. He had heard from colleagues at other Big Ten universities about our excellent Purdue retiree association, and when asked to serve, expressed an interest in helping to lead PURA.

Past President: John Trott

John Trott will advance to Past President. John Trott is a former director of the Purdue Agricultural Centers and Assistant to the Director of the Office of Agricultural Research Programs. Before taking those positions he served as an Extension Educator. John also has been a member and co-chair of the Program Committee.

Tips for a Better Night's Sleep

Why as we age do many of us find our sleep pattern changes? Many factors can impact our sleep. Activity levels may decline as we age and this decrease in activity may contribute to sleeping difficulties. Chronic health issues such as arthritis may disrupt our comfort level while sleeping. Certain medications may interfere with our level of alertness and disrupt a sleep pattern. Anxiety or depression may lead to insomnia or lengthen the time it takes to fall asleep.

Historian: Sue Hume Graham

Sue Graham retired in 2017 with 40 years of employment with Purdue. She served for 10 years as an Academic Advisor in the College of Liberal Arts following an extensive career in Housing and Food Services, where she had begun her Purdue career.

Secretary: Judy Ware

Judy retired in 2013 after 33 years at Purdue. Her last position was Administrative Assistant/Schedule Deputy for the English Department, a position she had held since 1980. She was a member of the Clerical and Service Staff Advisory Committee, chaired the Administrative Professional Staff Advisory Committee and was a member of the Council on the Status of Women at Purdue University. She has been a member of the PURA Hospitality Committee since 2016.

Treasurer: Robert Bain

Bob Bain has completed a three-year term as Treasurer and is available and interested in continuing for a second term. He has been President-Elect, President, and Past President of PURA prior to his first term as treasurer. He retired after 37 years with Purdue, holding positions as Business Administrator-Cooperative Extension Service, and Fiscal Director and Director of Computing for Physical Facilities.

The PURA by-laws require nominations be published to the membership. Additional nominations, with prior approval from the nominee, can be made from the floor at the March monthly business meeting of PURA members (March 5, 2018, at MCL). The formal vote is taken at the April PURA monthly business meeting (April 2, 2018, at MCL).

Below are a few tips for achieving a good night's sleep:

- Try to keep a regular sleep schedule. Go to bed and get up at the same time every day.
- Exercise each day but not too close to bedtime. Give your body a couple hours to relax after exercise.
- Avoid naps in the late afternoon or evening.
- Keep a sleep time routine. Give yourself time to relax each evening, read a book or listen to calming music. *(Continued on page 4)*



PLIR: COMING IN APRIL TO A VENUE NEAR YOU

Mark the calendar for the annual Purposeful Living in Retirement (PLIR) conference on April 18, 2018 at the Beck Agricultural Center in West Lafayette. The conference will begin with continental breakfast at 8:30 a.m. and finish before 3:30 p.m. The cost will be \$15 and cover all meals, snacks, conference materials, and vendor exhibits. This conference also comes with lots of door prizes!

Experts from the local community will provide information on security for your home, mobile phone, and computer. A former PURA President will discuss “Planning for Independence” in retirement. Current outstanding teachers on the Purdue faculty will discuss “Nutrition Supplements” and “Empathy”. You will also learn about the Indiana Caregivers Act and receive an update on Healthcare Insurance.

Watch for the conference registration to arrive in the mail by mid-March. Invite a new retiree and guests are welcome. We hope to see you on April 18, 2018.

Subaru Tour Slated for March 9, 2018

The Campus and Community Activities Committee is pleased to announce a tour of Subaru of Indiana Automotive on Friday, March 9, at 11:00 a.m.. Attendance is limited to 35 and reservations for PURA members and guests must be made by March 2.

How to get there:

- Subaru is located at 5500 Indiana State Road 38, Lafayette, IN 47905. If arriving from Interstate 65, use exit 168.
- Once you turn in at Subaru, come to the second plant entrance, labeled Main Entrance.
- At the guard shack, tell the guard that your group is part of the PURA TOUR.
- The guard will give you a visitor’s parking pass to leave in your vehicle. You will park in the Guest Parking lot to the right of the Subaru entrance.
- Follow the sidewalk from the parking lot to the glass lobby, where you will need to check in with the security guard at the desk.
- If needed, our contact for the tour at Subaru is Allie Louthan.

Important: You are asked not to arrive before 10:45, but note that the tour will start promptly at 11:00 a.m..

No Cell Phones Nor Cameras Allowed On The Tour:

There are no cell phones or cameras allowed on the tour so those need to be left behind in your vehicle. Anyone that brings their cell phone inside, will need to return it to their vehicle.

Appropriate Dress:

Everyone must wear closed-toe, flat shoes and pants. NO sandals, dresses, or skirts (if needed, shorts are acceptable during hot weather.) If you wear open-toed shoes or sandals, you will have to stay in the lobby during the tour.

Physical Requirements:

We will be walking on an elevated catwalk for 1-1/4 miles and go up and down 240 steps throughout the tour.

Reservations:

To reserve space(s) on the tour, email or call Michele Salla at masalla@purdue.edu; 765-494-1779, **by March 2, 2018.**

This will be a popular tour. If you reserve and cannot attend, please be sure to contact Michele to cancel so someone else may attend.

****Look for an announcement in the March Newsletter about an April tour of the new Football Complex!****

Birds and Airplanes: A Dangerous Mix!



Purdue Professor of Biological Sciences and Showalter Faculty Scholar Esteban Fernandez-Juricic discussed the dangerous mix between birds and airplanes at the December PURA meeting. His research focuses on animal behavior, visual ecology, and conservation ecology. Strategies such as traps, radar, loud scare devices, and dogs have decreased collisions at larger airports, but events are increasing once the craft is away from the airport.

Birds less than 4 pounds are usually not an issue with large aircraft unless in a flock, but 36 species of birds weigh over 4 pounds. Research with placing different colors and

types of lighting on planes has shown some success, but is complicated by bird breed physiology. Not only do birds see lights differently than humans, individual bird breeds do not react the same to lighting and color strategies.

The example was given that brown cowbirds take 4 to 10 seconds to react to mainly blue and red contrasting lights to avoid an aircraft, while other species differ in the reaction. Taxing vs. cruising also present different obstacles to preventing collisions.

Professor Fernandez-Juricic concluded tuning lights to different breeds’ visual “sweet spot” could be a novel strategy to decrease bird collisions.

Cooking Demonstrations Available For Purdue Community

The Demonstration Kitchen at the Córdoba Recreational Sports Center strives to make cooking accessible to everyone by demonstrating delicious recipes and menus that are quick, easy and affordable, providing a variety of demonstrations and programs this spring to accommodate varying interests, ages and abilities.

The demonstrations are open to Purdue faculty, staff, students, retirees and persons they sponsor. Each demonstration provides the opportunity to participate in an interactive cooking experience, sample four to five delicious recipes, and take home recipe cards. Cost is \$10 each.

Demonstrations are held 7:00-8:00 p.m. in the Demonstration Kitchen. Free parking is available after 5:00 p.m. in the Co-Rec parking lot.

Sign up for cooking demonstrations at Member Services Desk in the Co-Rec, by calling 765-494-3109, or online (you'll need your 9-digit Purdue ID number and Purdue email address) at:

<https://wpvappwt01.itap.purdue.edu/wbws/webtrac.wsc/wbsplash.html?wbp=1>

Spring 2018 cooking demonstration schedule:

- Feb. 5: Curry in a Hurry
- Feb. 13: Romantic Recipes for Two
- Feb. 22: Vegetarian Meals
- Feb. 26: Gluten-Free Foods
- March 6: Clean Eating
- March 22: Restaurant Meals Made at Home
- March 29: Decadent Desserts
- April 4: Superfoods
- April 10: Cooking with Quinoa
- April 24: Brain Foods for Finals

Additional programs—such as kids' cooking classes, private cooking demonstrations and kitchen rental—are offered by the Demonstration Kitchen. For more information on available programs, contact 765-496-1788.

February Campus Calendar

Special (free and open to the public):

Feb. 14—Jewish Studies Noon Lecture and Discussion Series. Tempio Maggiore di Roma (The Great Synagogue of Rome): A Guided Tour. Lynn Parrish, PhD Student, Philosophy and Literature. 12:30 p.m. Stewart Center, Room 313.

Feb. 15—Chinese New Year Celebration. 11:30 a.m. – 1 p.m.; Purdue Memorial Union South Ballroom.

Feb. 16—Black History Month. Aesthetics x Afrofuturism Panel Discussion. 10:00 a.m., Black Cultural Center, Room MP1. BCC Panel featuring Professor Jonathan Gayles, Professor Leah Milne, Professor Deborah Whaley, and Niobe Illustrator Ashley Woods. Facilitated by Professor Marlo David

Feb. 16—Black History Month. Black Twitter: Race, Gender, and Social Media Keynote. 4:00 p.m., Black Cultural Center, Room MP1. Professor Meredith Clark.

Books and Coffee Series:

Talks: 4:00-4:30 pm. Refreshments: 4:30-4:55 p.m. Stewart Center, Rooms 302-306.

Feb. 4—Jennifer Freeman Marshall, assistant professor of English and women's, gender, and sexuality studies, on Colson Whitehead's "The Underground Railroad."

Feb. 8—P. Ryan Schneider, associate professor of English, on Cormac McCarthy's "The Road."

Feb. 15—Patricia Boling, professor of political science, on Emily St. John Mandel's "Station Eleven."

Feb. 22—Gordon G. McNickle, assistant professor of botany and plant pathology, on Elizabeth Kolbert's "The Sixth Extinction."

Music (free and open to the public):

Feb. 7—Purdue Men's Choral Festival; concert 6:30 p.m. High

school choirs come for all-day workshops with PMO directors, and evening concert with Purdue Varsity Glee Club; total 550 voices. Elliot Hall of Music.

Feb. 17—Wind Works concert, featuring the Collegiate Band and Symphonic Band. 8:00 p.m. Long Center for the Performing Arts, 111 N. Sixth St., Lafayette.

Feb. 18—Wind Works concert, featuring Campus Band, University Band, and Varsity Band. 2:30 p.m. Long Center for the Performing Arts, 111 N. Sixth St., Lafayette.

Feb. 18—PMO Heart & Soul in worship services. Gospel and contemporary Christian. 8:30 and 11 a.m. at First United Methodist Church, 1700 W. State St., West Lafayette.

Feb. 23—American Music Repertory Ensemble concert. Jazz vocals and instruments. 8:00 p.m. Loeb Playhouse, Stewart Center.

Theatre:

Feb. 16-25— "The Beaux' Stratagem" by George Farquhar. Rated PG-13. Pao Hall, Nancy T. Hansen Theatre. Performance times and ticket information at: <https://cla.purdue.edu/academic/vpa/theatre/tickets>

Athletics (free and open to the public):

Tennis. Schwartz Tennis Center.

Feb. 3—Men's tennis vs. Toledo. 12:00 noon.

Feb. 16—Women's tennis vs. DePaul. 3:00 p.m.

Feb. 18—Women's tennis vs. Tulsa. 12:00 noon.

Feb. 21—Men's Tennis vs. Indiana. 6:00 p.m.

Feb. 24—Men's Tennis. 9:00 a.m.—Green Bay vs. Butler. 1:00 p.m.—Purdue vs. Butler. 6:00 p.m.—Purdue vs. Green Bay.

Swimming. Burke Aquatic Center.

Feb. 17-18—Swimming. First Chance vs. Indiana. All day.

Wrestling. Mackey Arena.

Feb. 9—Wrestling vs. Northwestern. 7:00 p.m.



United Way Update

Congratulations and thank you. This was the seventh year that PURA members contributed over \$100,000 to the Greater Lafayette United Way Campaign by raising \$121,864. Financial contributions are only one

way retirees provided support to their community in 2017. PURA members volunteered for Read to Succeed, Food Finders and Volunteer Income Tax Assistance, to name a few of the programs that greatly help our community grow. Thank you to Purdue retirees for your continued and generous support of United Way.

2018 Winter Olympics



The 2018 Winter Olympics begin in February, this year being held in PyeongChang, South Korea. Competition runs from February 8-25. Opening ceremonies are scheduled for February 9; closing ceremonies on February 25. NBC's family of stations will be carrying televised coverage.

A few Olympic facts:

1. The first winter games were held in 1924 in Chamonix, France.
2. The last Olympic gold medals that were made entirely out of gold ended in 1912.
3. The Olympic rings signify the world's 5 major regions: Africa, the Americas, Asia, Europe and Oceania; and the colors: blue, yellow, black, green and red appear in every flag across the world.
4. The host city designs the Olympic medals for the games. Each must be at least 60mm in diameter and

3mm thick. The gold medals must be covered in 6g of gold and the silver medals must contain 92.5% silver.

5. The first modern Olympics were held in Athens, Greece, in 1896 to promote world peace through fair and athletic competition.
6. In the opening ceremony, the athlete procession has to be led by the Greeks and ends with the host team. All others proceed in alphabetical order as labelled by the host country's language.
7. Awarding the gold, silver and bronze medals started in the 1904 Olympics.
8. An olive branch wreath was given to the winners of the Ancient Olympics event.
9. London holds the record of being the only city to have hosted the Olympics 3 times: 1908, 1948, and 2012.
10. The U.S. has hosted the Olympics more than any other country—1904 in St. Louis; 1932 and 1984 in Los Angeles, and 1996 in Atlanta.

More information may be found at the Olympic Games web site: <https://www.olympic.org/pyeongchang-2018>

(Continued from page 1)

- Avoid using electronics in the bedroom. Light may add to difficulty in falling asleep and programs on television may weigh on the mind.
- Make your bedroom comfortable and keep lighting down as evening approaches. The smell of lavender has been known to create a relaxing feeling in many.
- Stay away from large meals late in the evening and avoid caffeine at night.
- Concentrating on your breathing while you lie in bed may help you clear your mind almost like a short period of meditation.
- Avoid alcohol. Even small amounts of alcohol may make falling asleep more difficult.

If you have any questions or concerns you would like addressed, please call Chris Rearick, RN, at the Nursing Center for Family Health, by phone: 765-496-0308, or by email: crearick@purdue.edu.

Reference: <https://www.nia.nih.gov/health/good-nights-sleep>

PURA News

The Purdue University Retirees Association newsletter is published for official retirees of Purdue University, and prepared by the PURA Communications Committee.

Suggestions or ideas for PURA or the newsletter, and changes of address and email, should be referred to:

Office of Retiree Affairs
1281 Win Hentschel Blvd., Suite 1100
West Lafayette, IN 47906-4182.

Telephone 765-494-1779 or (toll free) 877-725-0222. Email masalla@purdue.edu.

2016-2018 PURA Communications Committee:

Co-Chairs: Karen Lembcke, Suzanne Collins
Members: Connie Bilyeu, Bill Evans

Mark Your Calendars!

5 February PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Youth Justice Reform

Speaker: Patrick Flannelly, Lafayette Chief of Police

14 February Valentine's Day

5 March PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Amtrak and Lafayette—Where Are We Going?

Speaker: Arvid Olsen, Transportation Chairman of the Quality of Life Council of Greater Lafayette Commerce

2 April PURA Monthly Meeting, MCL Cafeteria, 11 am.

Topic: Purdue Explosives Research & Homeland Security

Speaker: Stephen Beaudoin, Professor of Chemical Engineering, Purdue

18 April Purposeful Living in Retirement Conference.

Spring Wellness Screenings Scheduled

Free annual wellness screenings are available on March 23 and April 6, 2018, from 8:30am-12noon. Offered by the Purdue Nursing Center for Family Health, you may call or email to schedule, or just walk in, for a free yearly wellness screening or basic hearing screening.

Swallow screenings are also available on March 23 but MUST be scheduled in advance.

To schedule, or if you have questions or concerns, please call Chris Rearick, RN, at the Nursing Center for Family Health, by phone: 765-496-0308, or by email: crearick@purdue.edu.