

EMERITI NEWS



OHIO
UNIVERSITY

A newsletter from the Ohio University Emeriti Association

April 18, 2013

A VALUE-CHAIN APPROACH TO ACHIEVE ZERO WASTE

Kyle O'Keefe

Zero Waste Coordinator for Rural Action and the Appalachia Ohio Zero Waste Initiative
(Presented by Mary Anne Flournoy)



Kyle O'Keefe is the Zero Waste Initiative coordinator for Rural Action and the Appalachia Ohio Zero Waste Initiative (AOZWI). Since the launch of AOZWI in 2010, he has been working with local businesses, community members, and government agencies to turn Southeast Ohio's waste liability into an opportunity for economic development and healthy communities. Kyle uses a value-chain approach to mobilize regional assets, encourage collaboration, and work toward achieving Zero Waste goals. Zero Waste is an approach to resource management that conserves, repurposes, and recycles what otherwise would be buried or burnt. These former waste materials thus are made into valuable assets that contribute to the environmental, economic, and social well-being.

A native of Columbus, Kyle came to Athens County in 2004 to attend the eco-tourism program at Hocking College. In 2007, he joined the Virgin Islands Sustainable Farm Institute, a 200-acre, off-grid educational farm on St. Croix in the U.S. Virgin Islands, where he helped design and establish the farm infrastructure, managed crop production, and taught a three-month residential program for beginning farmers. Kyle has said, "Learning to live on an island really puts in perspective resource availability and the need to design for resilient and self-reliant systems."

Prior to joining Rural Action in 2010, as an adjunct teacher at Hocking College, Kyle taught permaculture design at the Forfar Field Station on Andros Island in the Bahamas and Hocking College's capstone class on resource management.

Kyle is committed to turning Appalachia Ohio's waste stream into assets that revitalize our local economy, environment, and communities.

EMERITI LUNCHEON

Thursday

**April 18, 2013
11:30 AM - 1:30 PM**

\$14.00

MENU

*Garden Salad
Spinach Salad
Pasta Salad
Deli Buffet
Sliced Turkey, Ham, Roast Beef
Swiss, Cheddar, American Cheese
Assorted Bread
Assorted Cakes & Fresh Fruit
Beverages*



BALLROOM

RESERVATIONS must be made to attend the luncheon. If you are not on the list of regular attendees, you **MUST** call Ruth Nostrant at 593-5194 by Friday, **April 12**. You may pay by cash or by check made payable to OU Emeriti.

You can add your name(s) to the Regular Attendees List and not have to call each month unless you cannot attend.



A Message From The President - GEORGE WECKMAN

Has anyone been so blissfully out-of-it not to have heard of “The Promise Lives Campaign”? Our university accepts gifts at any time, but periodically promotes donations in a concerted way. Funds beyond the regular fees and subsidies are always needed to enhance and expand programs and facilities. This campaign has already raised more than \$410 million toward a \$450 million goal. In the past five years almost half the faculty and staff have contributed. Now the campaign continues with “The Promise Within” segment, alerting faculty, staff, and us retirees of the need and opportunity for donation.

It is somewhat vague to solicit support of the University as a whole – most of us have special interests in certain departments and activities. My favorite gift designation is the School of Music so that it can bring wonderful performers to campus with my support. Of course, I also want to enhance my department, Classics and World Religions. It has a “George Weckman Prize” for outstanding students in World Religions. You probably have similar special interests to support.

Most of us have become lifetime members of the Emeriti Association with a donation to the Emeriti Association Fund in the Ohio University Foundation. Income from that endowment has permitted us to eliminate dues. Certainly we can all give more money to encourage other worthwhile activities of the university. You can find out about this campaign and access a donation form at ohio.edu/give.

As you review your income tax situation this month, think of increasing charitable donation deductions for this and coming years. The tax advantages aside, a greater benefit comes from the pleasure of helping those projects that we cherish. Ohio University really is a wonderful institution to which we have dedicated much of our lives. We can continue to make it better in our retirement years.

George

Notes on Vipin Koshal’s THE CURRENT STATE OF CARDIOVASCULAR RESEARCH AND TREATMENT AND A LITTLE BIT ABOUT RETURNING HOME

Beginning with “why Athens,” Dr. Koshal related his connection with our city, including his birth at O’Bleness; attending Athens High School; graduating from the University of North Carolina and then the Ohio University Heritage College of Osteopathic Medicine; internships and residencies in Toledo, Cincinnati, and Columbus; and then returning to Athens with Mid-Ohio Cardiology.

Three major causes of heart problems are coronary artery disease, congestive heart failure, and stroke. Over the last several decades there has been an increase in heart problems due, in part, to a more sedentary life and poor diet. In the past decade or so there has been a slight decline in heart problems because of reductions in smoking and some improvement in diet.

How do we reduce heart disease? Don’t smoke, control your blood pressure (ideally below 120/80) and lose weight (a BMI less than 25).

What should we do? Eat more fruits, vegetables and whole grains; limit meat consumption. such as red meat (ideally no more than once a month) and other meat (two or three times a week); insure physical activity at least 30-60 minutes per day; add some flax to your diet; and use only nonfat milk.

Notes from Benefits Committee Chair based on the March meeting of OCHER (Ohio Council of Higher Education Retirees)

Ballots for STRS Board positions should be in the mail about April 1. Four members, two incumbents and two challengers, are running for the two seats representing retired members.

Audit by PricewaterhouseCoopers reported the Health Care Fund solvent through 2060, an increase of 21 years from last year's evaluation. Some adjustments in coverage features, eligibility requirements and premium subsidies are still required to meet the board's goals. Polling of STRS members shows that a medical plan with higher deductibles and lower premiums is preferred over the reverse. Most members never use up (pay the maximum of) their deductibles.

The market value of the STRS investment fund as of Feb. 28 is more than \$67B. Return for the current year so far (seven months of the fiscal year) is 9.7%, indicating about 15% by the end of the year.

Planning by insurance companies for their policies under Obamacare is difficult for all. The companies have no solid experience or competitor plans on which to base their calculations, but their initial proposals for state insurance exchanges have to be submitted soon.

Politically, the danger of "mandatory" Social Security remains alive in federal-level discussions. ("Mandatory" means all workers being required to pay a Social Security tax and receive Social Security benefits with state pension systems being absorbed by the Social Security Administration.)

Art Woolley

There will be a memorial service for Duane Schneider at the Unitarian Universalist Fellowship in Athens on Saturday, April 6, at noon. A potluck lunch will follow. Duane was a professor of English at Ohio University from 1965 to 2007. He served as chair of the Faculty Senate, the English Department, and as the editor of the Ohio University Press. He was an expert on the works of the novelist Anais Nin and the founding president of The Thomas Wolfe Society. Please come and help celebrate his life and memory.

Sam Crowl

**PROPOSED SLATE
of
EMERITI OFFICERS for 2013-2014**

President

Dru Riley Evarts

VP/Program Chairs

Alan Boyd & Don Jordan

Secretary

Doug Baxter

Treasurer

Ed Baum

(Ruth Nostrant-lunches)

Membership

Margaret Thomas

Newsletter

Edie Russ

Benefits

Art Woolley

Volunteer Services

Sue Foster & Joann Fokes

Historian

Joanne Prislely

Emeriti Park

Richard Dean

Website

Joe Essman

Elections/Nominations

An Interesting Visit to Chautauqua, But Leaving With Promise

That's the title of my oral presentation that I have researched and written and I'm available to present to groups that would like to hear it. I am a member of the Chautauqua Institution Foundation, and have been for a number of years. I was invited with other Foundation members to participate in the Advocate Program for 2013.

There are a number of reasons why I said "yes." One is the OU-Chautauqua connection. For example, Dr. Will Konneker, an OU Alumnus, contributed to a number of OU projects, one of which is the Alumni Center. He also contributed to the Chautauqua Institution. He was a member of the Chautauqua Institution Board of Directors from January 1996 to August 2006. The Konnekers also established The Will and Ann Lee Konneker Fund for the Chautauqua Institution. And there are still more interesting stories to tell. So if you would like to hear some more contact C. V. Carlson, **Some OU Interesting Remembrances.**

Chuck Carlson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7 APRIL	8	9 Emeriti Volunteer <i>Dairy Barn</i>	10 Emeriti Volunteer <i>Kennedy Museum Emeriti Park (9-10 AM)</i>	11	12	13	
14	15	16 Emeriti Volunteer <i>Dairy Barn</i>	17 Emeriti Volunteer <i>Kennedy Museum Emeriti Park (9-10 AM)</i>	18 Emeriti Board Meeting EMERITI LUNCH <i>OU Inn</i>	18	20	
21	22	23 Emeriti Volunteer <i>Dairy Barn</i>	24 Emeriti Volunteer <i>Kennedy Museum Emeriti Park (9-10 AM)</i>	25	26	27	
28	29	30 Emeriti Volunteer <i>Dairy Barn</i>	M A Y	1 Emeriti Volunteer <i>Kennedy Museum Emeriti Park (9-10 AM)</i>	2 Kennedy Museum <i>Inside-Outside Talk - Zelma Baden-Young</i>	3 Graduate Commence- ment	4 Commence- ment

UPCOMING EMERITI LUNCHEON PROGRAMS

May 16: Roderick McDavis
President, Ohio University

June 20: Debbie Phillips
Representative to Ohio Legislature

EMERITI BOARD 2012-2013

President	George Weckman
VP/Program Chair	Dru Riley Everts & Alan Boyd
Secretary	Dru Riley Everts
Treasurer	Richard & Ruth Nostrant
Membership	Margaret Thomas
Newsletter	Eddie Russ
Benefits	Art Woolley
Volunteer Services	Judith Daso & Sue Foster
Emeriti Park	Richard Dean
Elections	Mary Anne Flournoy
Historian	Joanne Prisley
Website	Joe Essman

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