

## Volunteer Service in Retirement

**Harry Edwards, Emeritus Professor of Mechanical Engineering, SSS Board Member**

Volunteer service on a City of Fort Collins board or commission can be a satisfying and, at times, exciting post-retirement activity. My service began before retirement as a member of the Air Quality Advisory Board on which I served for seven years. An especially memorable issue arose when tests showed high radon levels in some Colorado homes. Radon is a gaseous radioactive decay product of radium, an element which occurs at the trace level in soil. Radon exposure has been linked to lung cancer in humans. The Board advised City Council to proceed with implementation of a voluntary radon testing program for which test kits were made available by the City. A second issue which generated considerable intense local discussion was exposure to second-hand tobacco smoke, also a possible cause of health problems in humans. The Board advised City Council to proceed with an ordinance to prohibit tobacco smoking in most commercial establishments. This was accomplished over the objections of a few highly vocal downtown business men.



After two terms on the AQAB, I was appointed to the Citizen Review Board. The CRB reviews internal investigations of alleged misconduct by City of Fort Collins police officers. As preparation, Board members complete the 10-week Citizen Police Academy. Additionally, periodic training sessions focus on criminal investigations, evidence, traffic stops, arrests, and use of force. Each CRB investigation

is initiated by either a citizen's complaint or a complaint by another officer. The Board also reviews every investigation of the use of deadly force by an officer. My first major case was to review an internal investigation of a shooting death of an armed suspect by an officer. The CRB reviewed hundreds of pages of testimony, photos, videos, diagrams, interviews, and the autopsy report. The CRB found that the internal investigation was accurate and complete; these findings were reported to the City Manager and the Chief of Police Services. From time, to time, the Board also makes recommendations to the City Manager and the Chief regarding police procedures and policies.

Presently I am in my second term on the Natural Resources Advisory Board. The main function of the NRAB is to provide input to the City Council on

environmental issues, especially those pertaining to natural areas and trails. The Board is concerned with reducing carbon emissions and thus promotes efficient energy utilization, increasing use of renewable resources, and solid waste reduction. The Board provided input to Council on the issue of hydraulic fracturing, a technique for enhancing oil and gas production from wells. The Board took the position that some degree of local oversight is needed, although oil and gas production is regulated at the state level by the Colorado Oil and Gas Conservation Commission. The COGCC has already initiated a lawsuit against the City of Longmont, which claimed some regulatory authority. It is expected that this issue will be active for some time to come. It is also expected that service on the NRAB will continue to provide opportunities to provide input on City programs and policies. Such service also offer opportunities to work with some very well-informed and dedicated members of the community.

### Upcoming Events

The speaker series this spring is being offered jointly with the Osher Lifelong Learning Institute. Note that we now meet from 3:00-4:30 pm in the Lodge, MacKenzie Place, 4751 Pleasant Oak Drive, Fort Collins, 80525.

#### February 18

"Human-Computer Symbiosis: Superhuman Intelligence for Us or a Dystopian Nightmare for Society"

Pete Seel  
Journalism

#### March 18

"Percussion: The Long and Rich Past and the Very Bright Future of Hitting Things"

Erick Hollenbeck  
Music

## From the President

I attended the Association of Retirement Organizations in Higher Education (AROHE) in October of last year as the representative of our Society of Senior Scholars. This conference is held every other year and our past presidents of SSS highly recommended that I attend. Within the first hour I could understand why they did so. The energy level of the presenters and audience was awesome. Of course, those who made the presentations came from outstanding faculty retirement associations. Although in many respects our SSS is functioning very well, there were a few issues which the best organizations seem to have in place that we do not. The main one is an on campus facility for the organization. These ranged from a room in a centralized location to an entire building devoted to their organization; a building in which lectures take place, informal gatherings for coffee and cards occur, food



service is offered, and more including accommodations for overnight guests. We had an office in Routt Hall which, while we admit, was not utilized very much at least gave us a presence, albeit on the edge of campus. We no longer have that space.

Two upcoming items need to be mentioned: We have agreed to help with the "School is Cool" drive by helping to sort the supplies and stuff and deliver the school packs this summer. We will send out more information on this activity via email (so make sure we have your current email address). We will most likely offer a book pickup event sometime during this calendar year. We had a very successful drive with "Books4Cause" last Fall. We do need to find a location on campus to hold the boxes of books prior to pickup. Any suggestions?

*Tom Boardman*  
President

## Major Revitalization of the Lory Student Center Underway

At its October 2011 meeting, the Colorado State University System Board of Governors approved the revitalization of the Lory Student Center. The project includes renovation of 160,000 gross square feet of the existing student center--which originally was built in 1962--and adds approximately 40,000 gross square feet of new space. The project will improve building infrastructure and systems, organize and highlight Student Diversity Programs and Services, and target growth that aligns with CSU's land grant mission.



Updates to the student center exterior and the 50-year old mechanical systems will provide substantial change in energy performance and efficiency; while life safety and accessibility deficiencies also will be corrected. The Lory Student Center Theatre renovation was completed in the Fall of 2012 as the first stage of this project. New space growth will be focused on the ballrooms, dining and food venues, meeting rooms, student lounge spaces and building infrastructure.

Total approved funding for the student center renovation is \$65M, \$60M of which is bonded and \$5M will come from reserves. Students approved a \$70 student center fee increase in April 2011 to pay for the revitalization. The fee increase goes into effect after project completion, anticipated to be Fall semester 2014.



Many offices, particularly those located on the south end of the building, will be relocated beginning this May for a period of 16 months. A relocation guide has been published, regularly updated, and can be found on the Lory Student Center Website. ([www.sc.colostate.edu](http://www.sc.colostate.edu)).

*Grant Sherwood*  
SSS Executive Board  
Former Assistant Vice President for Student Affairs

## Living Fully in Retirement

I should have known better. I even warned colleagues against it. But I retired without a plan, without that purpose that lets you rise in the morning full of energy, without a focused life. We had a farm with five acres of landscaped yard. But riding my Walker Mower 'round in circles got old pretty fast. When a forgotten passion crept in from the shadows, I said, "Why not?" I would become a creative nonfiction writer.

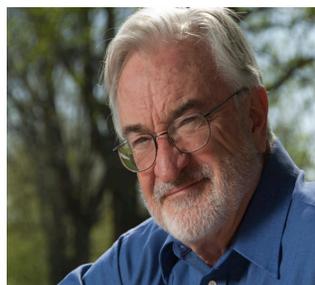
Using CSU's Senior Citizen Class Visitation Privilege I took an undergraduate nonfiction workshop. With instructor approval, anyone aged 55+ can do this and it's free. Sue Doe in the English department, bless her, actually told me I might have some small potential. So I took two graduate Nonfiction Workshops, a graduate course in Creative Science Writing and a lovely course taught by a poet titled Writing Nature. Then someone said, "Jerry, quit taking classes and just start submitting." I did and, much to my surprise, literary journals occasionally accepted and printed my stories. I joined Northern Colorado Writers, found an exceptional critique group, and attended writer's conferences. At this point I have several essays in print, my memoir built around CSU's international projects is looking for an agent, and I just started my first novel.

My point is this: the Senior Citizen Class Visitation, available to any senior, gave me a new *raison d'être*, one I had suppressed for too long. There is a three-legged stool called Aging Gracefully. Getting your mind into learning mode is one of the legs. While I'm still a neophyte writer, the journey, the things to do and learn in what is basically art and not science, keeps my nerve endings on high alert.

Betty and I built our dream home in the Sonoran desert outside of Tucson and became snow birds in 2010. Then came the heart attack. For five days, wonderful doctors and nurses and some exotic machines kept me in a coma but alive. Then came rehab, a.k.a. doctor's orders to get outside and walk, which became hiking, which became long hikes up mountain sides. For the first anniversary of my coronary I hiked seven miles up a trail to the 12,000 foot level in Rocky Mountain National Park, sat there beneath the clouds, talked to God and wrote thank you notes to my doctors. Physical activity is the second critical leg of the stool. My current goal is the 800 miles of the Arizona Trail, from Mexico to Utah, before my 75th birthday.

The third critical leg of Aging Gracefully, and the one least recognized, is a web of emotionally rich, diverse social interactions. Betty and I found just that in new Arizona friends. And for me, strong writing community ties emerged, as have contacts with wholly new groups of experts as I research 2-3 new books now in the planning stages.

To the lucky, life is issued in three tranches. In the first, we prepare to live. In the second, we live by the agendas of others. Wives, lovers, children, bosses -- there is always someone expecting something. In the third tranche, we should be able to live according to our own agenda. It's called a fulfilling retirement.



*Jerry Eckert*  
Past President SSS

## Post Retirement Benefits

**Teri Suhr, Associate Director -- CSU Human Resources**

The CSU Human Resources -- Benefits Unit is here to serve the needs of Academic Faculty and Administrative Professionals in retirement. If you are eligible for post-retirement privileges afforded to you as part of your accumulated University 'service' as defined by the Board of Governors, Human Resources can assist you in navigating continuance or enrollment in post-retirement benefit programs. Congratulations to those retirees who have previously initiated enrollment and provided the Benefits Unit with the required information to continue your eligibility for calendar year 2013. If you are not currently enrolled and wish to obtain information about your *prospective* eligibility, please contact the Benefits Unit.

Each year eligible retirees receive open enrollment information, which is intended to verify your medical insurance coverage (you are either a PERA or a Defined Contribution Plan retiree) to establish eligibility for post-retirement benefits for the new calendar year. The open enrollment information is mailed each December and will enact a January 1st coverage effective date if a timely response is received. Any prospective changes requested by the retiree for the PERA subsidy, Umbrella Rx or DCP Refund (based upon your retiree eligibility) cannot take effect until the first of the month following receipt and approval of the required documentation. It is equally important to provide the Benefits Unit with updated mailing addresses or telephone numbers. To receive post-retirement University sponsored benefit(s) for the 2013 calendar year, your ongoing participation and involvement with the CSU Human Resources -- Benefits Unit is essential.

There are many nuances that create eligibility criteria for each specific PERA or DCP retiree as confirmed via a signature authorized retirement checklist. This is completed during the pre-retirement counseling appointment conducted by a benefits staff member prior to your actual retirement effective date. The checklist defines the responsibility of each retiree and provides valuable information to proactively manage the verification process.

*Note: The terms of the University retiree benefit programs will not at any time approve retroactive payments and the continued eligibility of these programs is made at the sole discretion of the Colorado State University Board of Governors.*

You may contact the Human Resources -- Benefits Unit by calling (970) 491-MyHR (6947) or by visiting the office at 555 S. Howes St., Second Floor, during normal business hours (7:45 a.m. - 4:45 p.m.). We look forward to assisting you!

## “Curiosity Never Retires” at the Osher Lifelong Learning Institute

Osher at Colorado State University is a member-based, member-driven community of active adults who are enthusiastic about the pursuit of lifelong learning. Osher provides opportunities to explore fresh insights, stay current on important topics and meet new people.

To provide added value and better serve our members, Osher will offer two (2) membership options starting in FY14: 1) \$35 annual GREEN membership to include free-of-charge perk tours, lectures, special events, and book group; and 2) \$95/session GOLD membership in which members may enroll in unlimited classes (based on space availability) plus have access to the perk tours, lectures, special events, and book group. Osher plans to offer three (3) sessions/year plus summer offerings designed to help introduce new members to Osher.

In addition, Osher has relocated from Routt Hall to a new building just west of the CSU Veterinary Teaching Hospital at the intersection of Drake Road and Research Boulevard. We invite you to visit us soon at: Drake Hall, 2545 Research Boulevard, Fort Collins, CO 80526. Osher's new location will include a SMART classroom and ample, free parking.

Spring 2013 Osher classes are underway with over 32 courses and 12 free-of-charge perk tours and lectures to choose from. Visit our website at: [www.osher.colostate.edu](http://www.osher.colostate.edu) or call us at 491-7753 for information or assistance selecting classes. We invite you to join Osher today and experience the joy of learning with no stress, no tests, and no attendance requirements!

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