UPCOMING EVENTS

Apr 2    Spring Seminar Series
April 11  Racetrack & Equine Center Tours
Apr 16   BOD Meeting
Apr 18   Spring Program Luncheon

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SPRING SEMINAR SERIES
Tuesday, April 2, 10:00-11:00 a.m.
Swede Johnson Building, Room 202,
1111 N. Cherry Avenue (free parking)

DR. KELLY REYNOLDS
Professor of Environmental
Microbiology
UA College of Public Health

“Surviving in a Germ-Filled World”

Dr. Reynolds will share updates and
insights on how germs are spread and offer
practical advice on how to stay healthier in
a germy world.

RSVP JANE DUGAS 887-0033; jdugas@email.arizona.edu

A THOROUGHLY THOROUGHBRED TOUR
THURSDAY, APRIL 11

Please join us as we learn about
two of the UA’s fabulous
programs involving breeding
and training of thoroughbred
horses! We will tour the Racetrack
Industry Program in the Louise
Foucar Marshall Building, followed by
lunch at Beyond Bread. Our tour will then continue at the Equine
Center. There is no cost, and you may attend one or both tours.
See complete tour itinerary on page 2. RSVP BY APRIL 7TH TO
JIM BARRETT: jandkbarrett@gmail.com

SPRING LUNCHEON AT THE ARIZONA INN
Thursday, April 18, Noon-2:00 p.m.

STEPHEN L. COWEN, PH.D.
Assistant Professor,
Department of Psychology
College of Science

“How Age Impacts Dopamine,
Sleep, and Memory”

Dr. Cowen and his lab associates investigate
how the activities of neurons and release of
dopamine in the brain affects how we learn
and adapt to new information. They also investigate how aging and
Parkinson’s disease influence brain activity and dopamine release.
FOR MORE INFORMATION AND RSVP, SEE PAGE 7
PRESIDENT’S MESSAGE

Dear Fellow Members,
The months have passed by too quickly during my one-year term as President of the UARA and it’s been a whirlwind on one hand, yet so peaceful on the other.

I’ve been so blessed this year to have had the greatest Board of Directors, and an EC team who truly deserve “medals”. They were my anchors during the awesome and challenging times. I was so lucky to have their invaluable input, devotion and patience. Everyone has worked very hard this year, and yet I feel we barely touched the tip of a mighty big iceberg.

We did accomplish a lot, including our effort to increase our visibility on-and-off campus, sponsorship efforts, online reservations for our Program luncheons, energized seminars, awesome activities, while keeping up-to-date on changes with our State Legislators to our North and continuing a relationship with the “Tri University” group (ASURA and NAURA). Betty Atwater’s awesome team had selected some amazing scholarship recipients. Jane Dugas, who has worked tirelessly on the layout of our Newsletter for years, assisted by Trudy Jacobson who has contributed many articles, will retire in June.

Most importantly, I have high hopes that by the time you read this we will have enhanced our already special affiliate relationship with the UA Alumni Association, moving it to the next level as one of their “Programs”. This relationship would not change our Bylaws in the least but enable improved assistance with scholarships (using Scholarship Universe), communications, facility access, event management, and fiscal accounting, for which we should be grateful. I hope you have a wonderful spring, and summer.

Dotty Sherwood-Cooney,
UARA President 2018-2019

**SCHOLARSHIPS/ENDOWMENTS**

The UARA Scholarship Committee will meet in June to select the recipients for these scholarships: (1) Irving Yall Book Undergraduate (2) Van Ort UARA Undergraduate; and (3) T.R. Rehm Graduate

The UARA Program Endowment for programs to engage and serve UARA retirees. The Outreach and Strategic Communications Foundation through the Alumni Association for member recruitment, program luncheons, Tri-University efforts, and operations.

To contribute to any of the scholarships, or tax-deductible endowments, you may mail your donation to the UARA office, PO Box 42391, 85733, or visit the Foundation Giving Search at www.uafoundation.org/NetCommunity/Page.aspx?pid=360.

FOREVER U.S. POSTAGE STAMPS

Congratulations to Dr. John Schaefer, UA President Emeritus, and lifetime UARA member, for capturing Tucson’s beautiful cactus blossom photos that are featured on the “forever” U.S. postage stamps.

A THOROUGHLY THOROUGHBRED TOUR ITINERARY, APRIL 11

9:00 a.m. We will start with the Racetrack Industry Program in the Louise Foucar Marshall Building, 845 N. Park Ave, Suite 370. The most famous alum of the program is Bob Baffert, the trainer for American Pharoah, the 2015 Triple Crown Winner, the first one in 37 years. Bob did it again with Justify in 2018!!

Lunch—We will then stop for late breakfast or lunch at Beyond Bread, 3026 N. Campbell Avenue.

Noon—Our next tour will be at the Equine Center, 4101 N. Campbell Avenue. The Center is home to a highly recognized thoroughbred breeding herd. The farm also boasts a Quarter Horse herd used to teach students about today’s cutting edge reproductive technology, such as embryo transfer and semen preservation. Students gain hands-on experience in classes such as horsemanship, equitation workshop, weaning and yearling management.

There is no cost for the tours, and you may attend one or both. RSVP Jim Barrett at jandkbarrett@gmail.com, by April 7.

UA OLLI PROGRAM

by Susan Green, UARA Member

Like to stretch your mind? Love to learn?
Still love learning? Need some fun this summer?
Need something new this summer?
Give OLLI a try!!

The UA’s OLLI program is about to wrap up their Spring Semester but that doesn’t mean it’s time to rest. Due to popular demand, two OLLI campuses are continuing classes into the summer. Central Tucson has a Summer Session and a Monsoon Session (each for six weeks).

Green Valley has a four-week Summer Session. Class dates/times vary, but a summer membership at either campus can be yours for $75. Sign up for as many classes as you like. Curious? Take a look at the Central Tucson curriculum grid at https://ollii.arizona.edu/page/ollii-ua-class-catalogs. The Green Valley grid and both campus catalogs, with full descriptions of each class and its leader, will appear on that page soon. Central Tucson classes begin April 30; Green Valley on June 3.

OLLI, officially the Osher Lifelong Learning Institute, is an affiliate of the UA. There are four campuses: Northwest, Southeast, Central, and Green Valley. The OLLI community offers both intellectual engagement and social opportunities for anyone over 50. Think of our summer sessions as OLLI-lite, a great way to dip your toes into something new.

The Central Tucson facility is at 4485 N. First Avenue (between Wetmore Rd. and the Rillito River). Green Valley meets primarily at the Community Learning Center. Oh, and there’s plenty of free parking. For more details, check the website olli.arizona.edu, or contact Doug at ollimail@arizona.edu.

Because Curiosity Never Retires!
UARA WINTER LUNCHEON REPORT
by Trudy Jacobson, UARA member and retiree, 2003; Alumnus, class of ’75

Finding a cure for degenerative brain diseases isn’t Rocket Science. It’s harder.

This is what 72 UARA members and guests discovered at the UARA winter luncheon, held at the DoubleTree Hotel by Hilton Hotel. Amidst entrees of cod, chicken and Portobello mushrooms, all meals included delicious risotto and a garden salad.

Guests were treated to captivating lectures by Roberta Diaz Brinton, Ph.D., Director of the UA Center for Innovation in Brain Science; and Morgen L. Hartford, MSW, Southern Arizona Regional Director, Alzheimer’s Association Desert Southwest Chapter.

“In the 21st century there is not a single cure for a single neurodegenerative disease,” said Dr. Diaz Brinton. But she is trying to change that by bringing innovation of the future to develop a cure today, by using a ‘precision medicine approach.’ Although researchers have found ways to slow the progression of neurological diseases, they have not been able to restore brain cells to their former functions. These include: Alzheimer’s, Multiple Sclerosis, Parkinson’s and ALS. Clinical studies are being conducted using a hormone named allopregnanolone, which is promising in the trials so far, in slowing down the progression of Alzheimer’s. “Age is the greatest risk factor for all of these”, said Dr. Diaz Brinton. “It is a long prodromal phase, which can begin 20 years before diagnosis. Patients live an average of 10 years after diagnosis. It is not a linear process, but steps”, she explained. “You adapt, move on to another plateau, and adapt again.”

Alzheimer’s and MS are more predominant in women; Parkinson’s and ALS are more common in men. This is due to women being made up of more lipids, and men being made up of more muscle. Is there anything you can do to ward off Alzheimer’s and other neurological diseases? “Yes...Exercise!” The brain is the Hummer of the body, but when you have too much glucose in your blood, it gets “sticky” and does not fuel the brain.

Exercise drives glucose into the brain and muscles. “Eat a good diet!” Dr. Diaz-Brinton said, “your metabolic health is the ONLY risk factor you can change.”

The UAHS Center for Innovation in Brain Science has a mission: Innovations in brain science of the future for those who need a cure today!

A World Without Alzheimer’s is the Grand Vision of the Alzheimer’s Association. By the year 2050, approximately 14 million Americans will suffer from Alzheimer’s; it is the fourth leading cause of death in Arizona. Right now, 16 million Americans are unpaid caregivers; the cost of treating patients totaled $277 billion in 2018. “Every 65 seconds someone is diagnosed with the disease. Most patients at home have three unpaid caregivers” said Mr. Hartford.

The Alzheimer’s Association supports patients and caregivers by providing a 24-hour helpline (800-272-3900); Professional Care Consultants, Support Groups; Educational Programs and Walks; Website: alz.org.

YOU can be a part of the quest for a cure! Healthy people are needed to enroll in clinical trials; visit “trial match” on-line. Volunteers for the organization are always needed; visit alz.org/dsw/volunteer.

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UARA President, Dotty Sherwood-Cooney (pictured in middle), hosted several guests, including the speakers; Jack Gibson, CEO of AZ Public Media (KUAT); Peter Dourlein (on left), Assistant VP, Planning/Design and Construction and Campus Architect; and Ralph Banks, Director, Engineering Design/Construction (on right).

Les Clark, retired from UA Internal Audit, won the final door prize: a ticket to the Spring Luncheon at The Arizona Inn on April 18th.

Special thanks to Nancy Shiley, Sam Martin and David Steiner for collecting food and donations for the Tucson Community Food Bank.

Special thanks to Chris Richards, UAAA Photographer.
**VISIT TO CAMBODIA AND VIETNAM**
*by Jim Barrett, UARA Board Member*

Over 50 years ago I did everything I could to keep from going to Vietnam. I was a math teacher, so I was not drafted. But in the fall of last year, my wife and I took our first trip there. We toured in early November to avoid the monsoon season. It was a return trip for a friend who travelled with us, and he recognized the beach where he first went ashore in the 60’s. The big difference was that back then they were shooting at him.

Our first stop was Cambodia, where we toured the magnificent Royal Palace in Phnom Penh. Then we travelled on to Siem Reap where we visited Angkor Wat (photo with my wife), which is designated as one of “The Seven Wonders of the World. We flew to Ho Chi Minh City in Vietnam (formerly Saigon) where we entered one of the 125 miles of tunnels built by the Viet Cong. The next stop was Da Nang where we toured the ancient city of Hoi An, a UNESCO World Heritage Site, and our favorite stop in Vietnam. Other stops included Hue and Hanoi.

Vietnam, like China, is now more interested in capitalism than communism. “China Beach” is now covered with high rise hotels and condominiums. Hanoi is very industrial, with investments coming from the U.S, Europe and Japan. The people, especially in the south, were very friendly. The American dollar goes a long way. I highly recommend a trip to Cambodia and Vietnam.

**MY ACTIVE RETIREMENT YEARS**
*by Jacquie Brailey, UARA Member*

It’s hard to believe that it’s already been five years since I retired from the UA! This past year I’ve been heavily involved in the Fine Arts, something I couldn’t do for over 35 years. I’ve been taking five art classes through the City and the County. I’ve learned pastel, sculpture, glass and the potter’s wheel, and have been enjoying creating human figure sculptures. I entered a sculpture of a little girl with her doll in the UA employee/retiree Art Exhibit and received an honorable mention. In-between these classes, I hike two times a week with the Southern Arizona Hiking club, and take a few exercise classes at the Jewish Community Center. Collectively it’s been an exciting journey, and I met many interesting people and learned a lot about myself.

During the holidays I took a cruise with my family from Auckland, New Zealand to Sydney, Australia. It was a 12-day cruise aboard the Majestic Princess carrying a total of 5,200 people! The ship originally launched in 2017 and has the best stabilizers and technology. We had five days at sea and seven ports. Those that inspired me included visiting Rotorua, the geothermal capital of New Zealand near Tauranga. We saw bubbling pools of mud and green lakes. We really enjoyed the Bonorong animal sanctuary in Hobart, Tasmania, where we fed and walked with kangaroos and several other Australian animals including a koala. The Fiordland National Park was magnificent with its waterfalls and hills of greenery. One of the stops was Akaroa, a town of 600 people. (The number of people on our ship outnumbered the city by eight times!) We enjoyed seeing the French-influenced “Giant’s House” built in 1880. An artist converted the grounds into an art museum filled with mosaic sculptures. I am looking forward to what the next five years of retirement brings me!

**THE UNFORGETTABLE BEAUTY AND WORLD CLAIMS ON ANTARCTICA — EXPEDITION REPORT**
*by Alison Hughes, UARA Past-President*

We sailed from Ushuaia, the southern-most point of Argentina, on a French ship, L’Austral, cruising the Drake Passage through the Weddell Sea toward South Shetlands. The ship’s anchor was dropped at various points in the journey where we were loaded into zodiacs and transported to various islands to experience the anomalies and wonders of life on sea ice. We landed in places such as Deception Island, Paradise Harbor, and Petermann Island. On ice, we watched in wonderment at nesting Chinstrap, Adelie, and Gentoo penguins and feared for their babies’ lives as we watched skuas steal their eggs and craftily plan their next baby penguin meal.

We marveled over giant humpback whales and dolphins that skimmed the sea surface as they danced alongside the ship. When we saw our first albatross gliding gracefully around the ship, I was ready. Stored in my backpack was a copy of the poem by Samuel Taylor Coleridge, “The Rime of the Ancient Mariner” (1834) which I read aloud in the cabin shortly thereafter. (An eerie read, especially given our surroundings...”)
THE UNFORGETTABLE BEAUTY AND WORLD CLAIMS ON ANTARCTICA — EXPEDITION REPORT  (continued)

constellations blazing in the night sky, we were attending lectures on board ship that contributed to a clearer understanding of the planet.

First, we learned about the Antarctic Treaty signed by seven countries – Argentina, Australia, Chile, France, New Zealand, Norway, and the United Kingdom. (The U.S. and Russia maintain a “basis of claim” but you’ll have to look that up if you want to know more!) The claims are divided like a pie, except Norway which has an east-west configuration. Since no country has a sovereign claim to the Antarctic territory, Treaty parties hold a consultative meeting annually to review agreements and rules governing country activities therein.

Second, we learned about plate tectonics, specifically the Antarctic Plate which is one of 15 tectonic plates on Earth. Only in the 60’s was the concept of plates determined. Plate movement impacts earthquakes, volcano eruptions and other Earthly disasters. Scientists map and record the movements in order to better understand Earth’s formations, plate boundaries and patterns.

Third, our final lecture was about climate change. We witnessed first-hand the rapid calving of ice causing a rise in sea level. The experience heightened my sense of urgency about climate adaptation planning at local, state, national, and international levels.

When I look back on this memorable expedition, I think of the climate conditions under which the explorers Roald Amundsen and Sir Robert Scott must have experienced in their competitive quest to be the first to reach the South Pole in 1811. I think of Sir Ernest Shackleton whose Antarctica expedition ended in disaster when his ship “The Endurance” was trapped in pack ice in 1915 and whose leadership skills masterminded his crew’s survival. I think of the early whalers whose lonely graves are visible today on Deception Island and wondered what hardships they experienced to provide for their families. (Almost three million whales were killed in the 20th century resulting in an International Whaling Commission’s adopting a moratorium on commercial whaling in 1986.) I think of the young people whom we met, eager for an Antarctica adventure and who willingly work there seasonally or year-round. (We especially enjoyed conversations with some of them when our expedition group disembarked at Port Lockroy, a former British research station which is now a museum and where the most southerly operational post office in the world is located.)

Today, jobs in Antarctica are advertised on the Internet, i.e., the NSF deploys around 3,000 people to Antarctica each year to conduct scientific research or provide support to researchers through the maintenance of the research stations and vessels. If you are interested in a job here, you can apply online through the United Antarctic Program website.

We learned that oil reserves are trapped under the Antarctic ice. The U.N. adopted the Madrid Protocol in 1988 to prohibit mining and govern research protocols. This treaty designated the Antarctic as a natural reserve devoted to peace and science until 2048. Its intent is to protect the environment, conserve fauna and flora, prevent marine pollution and manage protected areas. In 2017 the protocol was replaced by an Environmental Protocol which provides stronger protections such as protecting the species, and controlling the introduction of organisms.

In summary, there is a magical quality in Antarctica. Its natural, unspoiled beauty and light effects are breathtaking. It is an honor to have visited this, the fifth-largest continent of Planet Earth. I hope some of you who are reading my story may also do so. I hope, too, that the human species to which we belong has the will, determination and capacity to conserve this frozen gem. The young people and scientists who work there now will most certainly be fierce in its defense. They too have experienced the magic.

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Note: Check out UA Alumni Association travel opportunities for Antarctica Expeditions.
Recommended viewing: “Chasing Shackleton,” a PBS documentary about six men who attempt to re-enact Shackleton’s Antarctic rescue mission today using a replica boat and the same equipment and clothing as would have been used in 1914. Available on Amazon.
WHATEVER HAPPENED TO ……”
SHARON KHA?
by Susan Green, UARA Member

“Our hands are shaky and our pace is slow
And we have hallucinations and our feet won’t go.
But if we can laugh at ourselves without much fuss,
We may have Parkinson’s: It’ll NEVER have us!”

Mennonite minister Randall A. Heinrichs would have smiled to see his daughter Sharon on the stage, hailed as El Dopa Diva and belting out a feisty rap song about the Parkinson Disease she had likely inherited from him. When she was diagnosed with the disease in 2003, it was her memory of her father’s gradual isolation that first plunged her into depression – writing her obituary and memorial service – and then propelled her into the fight with fierce determination. She learned what she needed to do – stay active, stay loud, stay optimistic, but it was the Sarah Palin rap on Saturday Night Live that inspired her to give this fight her very own touch. She soon became obsessed with writing rap songs that found humor in the challenges and encouraged other “Parkys” to join her in her battle to slow the progression of the disease. Before long, she was performing for Parkinson conferences and Rotary clubs, and her raps had found a permanent home on YouTube. Her performances have also raised public awareness of this incurable disease and the critical need for research dollars. Brightly dressed, draped with bling (including a plastic clock) and wearing her sideways cap, she performs annually for UA medical students to a long standing ovation.

Sharon Kha joined the UA as Director of the News Bureau in 1983, after 10 years as a local TV journalist. At the UA, she found her niche. She remained for 22 years through three presidents, adding new titles as the need arose. As associate vice president for institutional advancement, she managed all major communications as spokesperson for the University.

Those were remarkable years that shaped the University’s future as a first-rate research institution. But there were also crises. “One memorable time was when 70 students occupied the President’s office.”

They were protesting the conditions under which overseas workers were making UA caps, t-shirts and such. “The students were lying everywhere. You got out off the elevator and had to step over their bodies. When they announced they would stay there until the president took action, I said I would stay there too.” And she did. For ten days, she slept in her office. “It was exciting,” she adds.

Sharon retired within a year after her diagnosis and beyond the rapping kept herself active in other creative ways. Today she enjoys two writing groups and is making elegant little pen and ink drawings which she freely gives away.

She has written a booklet of her rap songs titled YO! Improbably, she says she now counts Parkinson’s among her blessings. “It has shown me that the world is full of kind strangers who open doors, carry your tray at the buffet, and pick you up when you fall. I would never have known that.” Her father would be proud.

A few years ago, she found she was having increasing difficulty living on her own. Assisted-living facilities did not appeal; and she began to explore shared living. She liked the idea and spread the word to everyone she knew. Eventually, serendipitously, she and Deborah Knox were referred to each other. There followed phone calls, questions (“how do you feel about dirty dishes in the sink?”), a first meeting and a pivotal lunch after which both parties excused themselves due to pending meetings. A few minutes later, Sharon walked into a “Conference on Planning for End-Of-Life” and there was Deborah. They knew then it was right. They call themselves POSSSLQ, Persons of Similar Sensibilities Sharing Living Quarters, a take-off on a census designation, and have put together a booklet on finding a compatible companion in later life (see https://possqli.net). They were even featured in a recent article in The Wall Street Journal. These POSSSLQ have traded rent for cooking and companionship. It’s been a good fit.

A framed photo of them is in the living room. We sit together in her light and airy “sun room,” filled with color and whimsical bits of art. She tells her story, and I am in awe of her spirit, creativity, and courage. She gives me a warm hug on leaving. The magnet on her fridge says, “Life does not have to be perfect to be wonderful.”

Sharon can be reached at sharonkha@aol.com.
The University of Arizona Retirees Association Invites You To Attend the Spring Program Luncheon

THURSDAY, APRIL 18, 2019
THE ARIZONA INN, 2200 EAST ELM STREET
DOORS OPEN AT 11:30AM FOR REGISTRATION
PROGRAM LUNCH NOON-2:00 PM

Speaker: Dr. Stephen Cowen, Assistant Professor of Psychology, College of Science
Title of Talk: “How Age Impacts Dopamine, Sleep, and Memory”

Aging is not easy on our bodies or our minds. Even so, our brains can be amazingly resilient to age-associated changes. One of those changes is the gradual reduction of neuromodulators in the brain such as dopamine and acetylcholine. We will discuss the interesting roles that these neuromodulators play in learning, movement, decision making, and mood. We will also discuss how age impacts these functions. Special attention will be paid to the contribution of sleep and neural activity in the hippocampus on our ability to form new memories. Cowen website: cowen.faculty.arizona.edu

MENU
Starter—Wedge Salad, Iceberg Wedges, Marinated Tomatoes, Crispy Pancetta and Gorgonzola, Peppercorn Buttermilk Ranch Dressing. Freshly House Made Bread and Butter
Choice of Entrée: (1) Natural Chicken Breast with Artichoke Hearts, Tomato and Caper Relish, Meyer Lemon Beurre Blanc, Garlic Mashed Potatoes, and Seasonal Vegetables; (2) Scottish Salmon with Ginger Jicima Slaw and Tangel Beurre Blanc, Garlic Mashed Potatoes and Seasonal Vegetables; (3) Vegetable Stuffed Eggplant Filled with Artichoke Hearts, Eggplant, Oven Roasted Tomatoes, Red Onion and Kale With Sauce Vera Cruz, Mushroom Cauliflower Cous Cous, and Seasonal Vegetables
Dessert—Chocolate Mocha Mousse with Freshly Whipped Cream; Beverages—Tea and Coffee

Please complete the section below the dotted line and mail with your check, payable to UARA, NO LATER THAN APRIL 11. Mail to: UARA, PO Box 42391, Tucson AZ 85733. Your cancelled check guarantees your reservation. The cost is $33.00 per person. No refund is possible unless the cancellation request is received three days prior to the event. No part of this event is tax-deductible. For questions, or a last-minute RSVP, call 520-626-6936. For on-line registration/payment, go to: https://www.eventbrite.com/e/uara-2019-spring-luncheon-tickets-58401370070

RSVP FOR UARA SPRING LUNCHEON PROGRAM, THURSDAY, APRIL 18, 2019

Please Return this portion, and print name as you would like it on your nametag:

Retiree/Surviving Spouse ________________________________ Telephone ________________
Former Dept ________________________________ Email ________________________________

Choose entree: ___ (1) Scottish Salmon ___ (2) Chicken Breast ___ (3) Stuffed Eggplant (Circle one)

Guest Name #1 ________________________________ Option (1) (2) (3)
Guest Name #2 ________________________________ Option (1) (2) (3)
Guest Name #3 ________________________________ Option (1) (2) (3)

Enclosed is a check for $_______ payable to UARA ($33.00 each).
Mail to: UARA, PO Box 42391, Tucson AZ 85733.
Please mail prior to April 11, 2019. We look forward to seeing you!

We will be collecting donations again for the Food Bank. Your generosity is very much appreciated. Thank you!
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