East Hill Flying Club Manager Entertains Retirees at June Luncheon

Have you ever thought about learning to fly an airplane? If you have, you’re not alone.

It turns out that some of our Cornell retirees do have pilot’s licenses and have had some very interesting flying experiences! Pete Loucks, who represents CAPE on the Cornell Retirees Association Board, is a very experienced pilot. He arranged for David St. George, Chief Pilot, Chief Flight Instructor, and Manager of the East Hill Flying Club to speak at our luncheon on June 4.

David is a very enthusiastic speaker who invites audience participation as he goes along. He shared his interest and expertise in flying with us by showing a very entertaining powerpoint presentation. The audience asked many questions and kept him on his toes throughout!

In 1970, David learned to fly and has kept his interest in flying ever since. His main focus is Flight Training and he emphasized the safety aspect of this training. There are several other flight instructors at East Hill, but David is the Chief, and he has also become a Designated Pilot Examiner. He was awarded “Flight Instructor of the Year” by the FAA in 2008. In presenting this award he was congratulated for “his dedication and professionalism, and as an important asset to the airport and community.”

His most recent accomplishment is earning his Master’s Degree from the University of Pennsylvania with a major in Psychology. He expects this will be helpful in his work as an instructor, as well as manager of the Flying Club.

~ Jeanette Miller

Attention Retirees and Community Members: Cornell International Friendship Program Seeks Members

The Cornell International Friendship Program (CIFP) needs the participation of more local Cornell retirees and other community members!

Hundreds of foreign students and scholars from all over the world attend Cornell each year and experience life in the U.S. for the first time. CIFP connects an international student or scholar with a local family or individual for the purpose of cultural exchange. It’s sort of like having an exchange student, but they don’t live with you. They live and study at Cornell but get together with their new local community friend to enjoy activities or events such as Thanksgiving dinner, sporting events, museum visits, shopping, visiting the Ithaca Farmers Market or local parks, etc.

The problem is that there are fewer local individuals and families than there are international students and scholars that request to be matched. That’s why we’re letting you know about this wonderful program offered by Cornell. There is no cost to be in the program and no connection to Cornell is needed. For information, please contact 607-255-3815 and see the box at right.

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SAVE THE DATE
CRA FALL 2015 LUNCHEON
November 5
11:30am-1:30pm
Ramada Inn, Ithaca

Dr. Rhoda Meador,
Director
Ithaca College
Gerontology Institute

RSVP DEADLINE:
October 27

See page 4 for details and reservation form.

Friendship Program Information
For more information, please visit the web at: http://isso.cornell.edu/life-cornell/cornell-international-friendship-program or call Adriana Rovers, Associate Director for Programming Services, International Students & Scholars Office (ISSO), 607-255-3815.
Retiree Spotlight: Joe and Mei-Hsi Chen

Joe and Mei-Hsi are originally from Taiwan, formerly Formosa, coming to the USA and Cornell in the 1960’s. Joe came first in 1965 to study for a Ph.D. in Food Science. Mei-Hsi joined him in 1967 when they were married at the First Presbyterian Church in Ithaca.

Mei-Hsi began her career in the Cornell Library System in 1979. She started as a calligrapher in the Wason Collection in Olin Library.

The Wason Collection holdings comprise more than 700,000 monographs, which include 420,000 volumes in Chinese, 168,000 volumes in Japanese, 20,000 volumes in Korean, and 92,000 volumes in Western languages.

After 33 years, Mei-Hsi retired as a copy cataloger in Olin Library in 2013. After receiving his degree in 1971, Joe remained at Cornell doing research in the Food Science Dept. He retired in 1997 after 26 years of service.

One of their favorite retirement activities is playing golf most every weekday at the Robert Trent Jones Golf Course at Cornell. They also entertain visitors from Taiwan and continue their interest in Cornell students from their native country. They may serve as interpreters when visitors from China come to Cornell. They have been very helpful in this capacity. They stay in touch with friends and family still living in Taiwan. They are also very active in the First Presbyterian Church.

~ Jeanette Miller

George Peter Annual Memorial Barbecue

The sixth Annual George Peter CRA BBQ, renamed in 2010, was held on Thursday, September 10, 2015.

After 19 straight days of sun and warmth, the weather wizard decided to make some changes. However, this did not deter the CU retirees from coming out to the Cornell Recreation Park off Hanshaw Road for our Annual Chicken BBQ. In spite of the threatening rain and cooler air, many retirees gathered to play Bingo at 11 a.m. Most players managed two cards and many prizes were awarded, including three bags of potatoes.

At noon the barbecued chicken, salt potatoes and cole slaw were served as the damp weather ceased just in time and retirees enjoyed the lush greenery outside the open doors. We were pleased to see several newcomers who had never attended before and many regulars who have been coming for years!

Retirees contributed 137 non-perishable food and personal care items for the United Way of Tompkins County Stephen E. Garner Day of Caring. We thank the retirees for their generosity!

A good time was had by all! This shows that a change in the weather doesn’t bother CU retirees.

~ Jeanette Miller

United Way Campaign is Underway

Thousands of people on and off campus will be giving to the United Way this year, and we hope you will too, once again, or for the first time.

The United Way supports 42 agencies in Tompkins County and the surrounding area that offer programs for senior citizens, resources for cancer patients, day-care referrals, legal help, and countless other services that benefit our co-workers, families, and neighbors. Cornell faculty, staff, students, and retirees are generous supporters, providing nearly 40% of United Way’s funding in Tompkins County.

All donations go directly to designated agencies, and aren’t used for United Way overhead or operating expenses.

If you have a favorite local organization, you can designate your contribution to support it. If you don’t live in Tompkins County, and want to help an agency in your home community, you can do that through Cornell as well.

Learn more about United Way at http://unitedway.cornell.edu/. Thank you for your support!
Volunteering—Living Happily Ever After…

The 19th annual Cornell Retirees Volunteering in Schools (CRVIS) Volunteer Recognition Celebration was held on May 7, 2015 at Kendal at Ithaca on a beautiful sunny spring day to celebrate volunteers and the wonderful things they do in our schools.

We owe the success of this program to the many, many retirees over the years who have volunteered with CRVIS. Elaine Quaroni, chair of the CRVIS steering committee, welcomed everyone with a quote from a recent Family Reading Partnership Newsletter from a volunteer who was placed in a nursery school to read to children and commented “and I lived happily ever after!” Elaine remarked, “I think CRVIS volunteers get similar satisfaction.”

In 2014-15, there were 24 CRVIS volunteers who gave more than 2200 hours of their time in seven Tompkins County elementary schools. Volunteers are the heart and soul of the CRVIS program. They are the ones who give of themselves—their dedication, commitment, time, work, energy, patience, kindness, and love are greatly appreciated. THANK YOU!

A large number of teachers and principals were on hand to express their appreciation with some touching stories. In addition to basic subjects of math, reading, writing, and spelling, volunteers also helped in homework club several times a week and in art and music classes.

Wellness Program Takes a Stand to Prevent Older Adult Falls

While falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, they are not an inevitable part of aging. This year’s Fall Prevention Awareness Day theme, Take a Stand to Prevent Falls, seeks to raise awareness about how to prevent fall-related injury among older adults. The Wellness Program is offering a workshop, see box at right.

“Nationally, 1 in 3 older adults fall each year and 1 in 10 falls result in hospitalization,” states the Tompkins County Office for the Aging website. “Falls are the top reason the Emergency Medical Services are called; in 2011, falls resulted in 12.7% of all calls to EMS.” In addition, “Tompkins County (9.2%) has a higher percentage of adults 65+ who had falls that resulted in injuries when compared to the rest of upstate New York (4.7%).”

While all the volunteers’ efforts are greatly appreciated, since 2006 we have had a special recognition award of an outstanding volunteer—the “Arlene C. Smith Volunteer of the Year” Award, given annually in memory of Arlene, one of the founding members of the CRVIS Steering Committee.

The 2015 recipients are John and Tori Wishart, currently the only volunteers at the Northeast elementary school. They began volunteering with CRVIS at Northeast in 2007 and volunteer more hours than any other school’s collective hours.

Prior to retirement, Tori served for 25 years as an administrative assistant in Cornell’s department of Biological and Environmental Engineering plus 4 years as the Cornell Association of Professors Emeriti manager in the Dean of Faculty office. She volunteers three mornings a week in second grade, working on math and science projects. John worked for the Federal Aviation Administration and currently volunteers in first grade three mornings a week, working one-on-one with all the students. Occasionally he wears two hats and will help on special projects in the art class.

Northeast principal Jeff Tomasik commented, “Tori and John are like staff. They interact with all the kids—in the hall, not just their classroom. They are like a second set of teaching hands!”

There is a continuing need for volunteers in the schools. Volunteering can be very satisfying. The children, teachers and volunteers all benefit from the experience. Any retiree in the community is eligible to participate in the program. For information, brochure, or application, please contact Kathee Shaff, CRVIS Coordinator, krs4@cornell.edu or 255-0388.

Falling Safely Workshop

Wednesday, December 2, 12:00-12:45pm, Teagle Hall, 2nd Floor Gymnastics Room, FREE

Cornell Wellness is pleased to offer an innovative Falling Safely Workshop. Participants will receive pre-class video demonstrations to review before attending. At the event, Cornell Wellness staff, Jenn Bennett, M.S. will dispel myths that surround falling and give live demonstrations of falling safely forward, to the side, and backward. Participants will be given the rest of the time to practice falling safely (on elevated mats) and to talk with Jenn.

Registration is required. Space is limited. Contact Jenn Bennett (607) 255-3886 or jab853@cornell.edu. *Note: no elevator available.
CRA Fall 2015 Luncheon: Thursday, November 5, 2015
11:30 a.m.-1:30 p.m., Ramada Inn, 2310 N. Triphammer Rd, Ithaca
Doors open 11:30 a.m., lunch served at noon, speaker at 1:00 p.m.

We invite you and a guest to join us for the Cornell Retirees Association’s Fall Luncheon. Dr. Rhoda Meador, Director of the Ithaca College Gerontology Institute, is the featured speaker and will present on the Age-Friendly initiative that she co-founded. Tompkins County and the City of Ithaca have been accepted into AARP’s network of Age-Friendly Communities. An international effort of the World Health Organization, the Age-Friendly Community network includes localities where leadership and residents have committed to making their community a great place to live for people of all ages.

Luncheon Menu includes a choice of:

- Roast Turkey with Country Stuffing, Mashed Potatoes/Gravy, Sweet Peas & Mushrooms
- Gluten-Free Penne Pasta Primavera with Marinara Sauce (vegan and vegetarian option)

Name: __________________________________________________________ Circle: Turkey or Pasta
Guest: __________________________________________________________ Circle: Turkey or Pasta
If special diet, please list and include a phone number: ________________________________________

Cost is $10 per person, payable by check to Cornell University. Reservation and payment deadline is October 27. PLEASE NOTE: All lunches must be pre-paid. There are no refunds. Seating is limited. No RSVPs will be taken after October 27. Free parking. In case of inclement weather, call 607-255-3976 or check your e-mail for postponement or cancellation information.

Total reservations __ @ $10.00 each = $ ____ Please make check payable to "Cornell University."

Mail form and check to: Cornell Retirees Association, P.O. Box 431, Ithaca, NY 14851
Luncheon reservation deadline is October 27. We hope to see you there!

Editor/Production: Kathee Shaff, Retiree Communications Coordinator, Human Resources, 150 Day Hall, 607-255-0388, krs4@cornell.edu