

THE GOLDEN EAGLE CALL

EWU RETIREES ASSOCIATION FALL 2022

PRESIDENT McMAHAN CELEBRATES EASTERN'S IMPACT IN WELCOME ADDRESS

On the eve of fall quarter instruction, Shari McMahan, Eastern's 27th president, delivered her inaugural welcome address to a full auditorium at EWU's Showalter Hall.

The optimistic speech reminded EWU community members that, in spite of pandemic-related disruptions and other challenges, our shared values and commitment to Eastern will ensure that the university remains a vital, vibrant institution.



"Every program, every department is making an impact on our region and our country. The stories are endless - our students, staff and faculty are achieving greatness," McMahan said.

Eastern has been recognized as a top school for diversity in the state of Washington, she said, and some 40 percent of our incoming students are first-generation.

"Being an Eagle is about social mobility. Eastern is ranked number one in the state on CollegeNet's social mobility index," McMahan said. "Our graduates obtain marketable degrees for high-paying jobs. They don't

just move on, they move up and promote generational change and contribute to our region's economic vitality."

Since arriving at Eastern in late June, McMahan has had a flurry of meetings with Eagle alumni, supporters and regional community leaders, while at the same time working to get to know students, faculty and staff.

McMahan said that she and her team have hosted several listening sessions and conducted a campus-wide survey to learn more about the Eastern community, its strengths and its apprehensions.

Among the concerns the new president hopes to address, she said, are covid-related isolation and communication "silos," tight budgets and low staffing. Such confidence-depleting frustrations have been felt by many other organizations in the wake of the pandemic, she explained, saying she's confident that Eastern can work through them.

McMahan listed three key areas as the near-term priorities: increasing enrollment through recruitment and retention strategies, prioritizing budget needs, and improving faculty and staff morale.

"When you come to Eastern," McMahan added, "Whether as a student, a staff member or faculty member, you become an Eagle for life. You become part of the 140-year-old legacy of this institution. From its roots as Cheney Normal School to today's Eastern Washington University, you become part of its story, its family, and its future."

JORDAN VASQUEZ-EVANS EWURA SCHOLARSHIP RECIPIENT



Jordan Vasquez-Evans '22 is headed for great things. She earned her bachelor's degree in business management and entrepreneurship in June and, at the age of 20, is on a path to earn a Master of Business Administration degree from EWU.

She was watching an Eagle basketball game when she received notice from the financial aid office that she'd been chosen to receive a Golden Eagle Scholarship.

"I was very surprised and grateful because I've been paying for college all by myself. When I got the news, I felt even more motivated and excited to do my program and continue schooling," she says.

Vasquez-Evans, a first-generation student, works about 30 hours a week between her jobs at the Eagle Store and nannying for a family in Spokane. In addition, she has a business creating balloon garlands and arches in her hometown of Kennewick, Washington, and on the EWU campus for fraternities and sororities.

Vasquez-Evans, who hopes to someday open a property management company in the Tri-Cities, has a message for the retirees: "Thank you guys so much for recognizing me, and providing that breakfast where I got to go meet everyone, and for making me feel special - and for just taking so much stress off of my schooling here. It's just all appreciated, so thank you so, so much."

JOIN EWURA!

Fill out the enclosed membership form to join our group.

You will enjoy the friendly camaraderie and also make a positive impact for EWU students.

MONTHLY MEETINGS

Join us for interesting presentations and a chance to connect with friends old and new.

When: The third Thursday of the month

Time: Social time with coffee and baked goods, 9:30-10 a.m. Guest speaker presentation, 10-11 a.m.

Where: 205 Monroe Hall, EWU Cheney campus

EWURA BOARD

Dick Donley, President

Wendy Repovich, Vice President and Secretary

Ed Yarwood, Past President

Bob Gibbs, Treasurer and Golf League President

Ron Dalla, At-large Board Member and Scholarship Chair

Floyd Cloke, At-large Board Member

Prakash Bhuta, At-large Board Member

OFFICE

301 Showalter Hall

MAILING ADDRESS

Eastern Washington University
301 Showalter Hall
Cheney, WA 99004-2484

VOICEMAIL

509.359.4559

EMAIL

retirees@ewu.edu

WEBSITE

inside/ewu.edu/retirees

FACEBOOK

EWU Retirees Association

NEWSLETTER EDITOR

Melodie Little mlittle6@ewu.edu

TREASURER'S REPORT

AS OF JUNE 30, 2022:

Current Market Value: \$147,799.99

Principal: \$113,642.38

Golden Eagle Endowment

Scholarship: \$2,789.18

Checking account: \$2,758.89

ALUMNI LICENSE PLATES SUPPORT SCHOLARSHIPS



Purchase an EWU Alumni License Plate and nearly \$30 of every fee goes toward the Alumni Legacy Scholarship fund.

DEAR RETIREES,



This past year our retiree organization returned to something closer to normalcy. We met in-person rather than on Zoom, and had a good year.

We've had one meeting so far this fall, in September, and it was a good one.

Wendy Repovich gave an informative talk about how we retirees can strengthen our immune systems (check out the story on the right to learn how you can stay healthier). To demonstrate how current our expert topics are for meetings, look no farther than a story in The New York Times that came out just days before our meeting covering that very subject.

As Ed Yarwood noted in last year's newsletter, many of you are lifetime members. Money that you have contributed through lifetime membership fees supported our endowment, which provides scholarships for EWU students in need, including Jordan and Nan, who are featured in this newsletter.

The \$25 annual membership fee also helps to cover the cost of coffee and baked goods served at monthly meetings. Thank you to everyone who contributes - including the lifetime members who choose to continue paying.

I've heard that there is a misconception out there that the EWURA is an organization just for retired faculty. It is not!

The EWURA is an inclusive organization established to represent everyone who retired from EWU after years of loyal service. We have members who worked in classified, exempt and faculty positions who get together as a community to support the important work we do to help hardworking students earn a degree and secure a brighter future.

So, if you haven't joined the EWURA, please do! If you have a friend or acquaintance who hasn't joined, please share the news that all of us in the EWURA would love to have them join!

I hope to see you at future meetings on the third Thursdays of each month, at 10 a.m. in Monroe Hall 205. Bring a friend and enjoy the coffee, treats and conversation.

Dick Donley

EWURA President

EAGLE FLIGHTS OFFERS ANOTHER FUN EAGLE4LIFE EXPERIENCE

The EWU Alumni Association has created a wine club that features wines made by Eagles for Eagles.

The Eagle Flights Wine Club features delicious premium wines that are created by alumni-owned and operated wineries throughout Washington state. This special fundraiser supports the Alumni Legacy Scholarship Fund.

Each flight features four bottles of premium wine (from two different wineries) that are hand-selected for the Eagle4Life family. Each flight costs between \$100 and \$130, plus tax and shipping and handling.

This "sips for scholarships" program has nearly 200 members. To date, the club has generated more than \$5,000 for Alumni Legacy scholarships that support our EWU students.

**The fall wine selection recently shipped. Please sign up now to start receiving Eagle Flights this spring.*

eagleflightswineclub.com | 509.359.4550.



FIVE WAYS TO NATURALLY BOOST YOUR IMMUNE SYSTEM

EWURA Vice President Wendy Repovich, retired director of EWU's Exercise Science Program, shared tips at the September meeting to help retirees stay healthy.

Age, excess weight, poor diet, chronic diseases, persistent stress, and other factors increase our risk of catching the latest variant of whatever is going around. Repovich offers these easy ways to boost immunity, fend off viruses and improve overall health.

1. Exercise: Make a goal of achieving 150 minutes of moderate intensity exercise or 75 minutes of high intensity physical activity per week.
2. Get regular, healthy sleep: Try for seven hours or more of quality sleep per night.
3. Manage stress: Breathing, connecting with friends and family, moving your body and meditating are some of the many ways to decompress for better health.
4. Eat a healthy diet: The Mediterranean diet is an immune-system booster. Also, small changes can make a big difference. Minimize foods that are processed and contain a lot of simple sugars. Add foods that nurture the microbiome, a collection of bacteria in the gut that supports our immune systems. Gut-friendly foods include fruits, vegetables, whole grains, legumes, garlic, onions, leeks, asparagus, bananas, seaweed, kefir, yogurt, fermented vegetables, sauerkraut, tempeh, kombucha tea, kimchi and miso. You can also add prebiotic and probiotic supplements.
5. Take vitamins and supplements as recommended: This includes prebiotic and probiotic supplements to support beneficial gut bacteria.



NAN WHYBARK

EWURA SCHOLARSHIP RECIPIENT



Nan Whybark isn't your typical returning student.

After raising five children and retiring from a 25-year career as a para-educator, Whybark moved to Davenport, Washington with plans to return to college and earn a degree in studio art from EWU.

"I'm an older student. I'll be 70 in December," says Whybark, who was thrilled to be chosen as one of two students to receive a Golden Eagle Scholarship this year.

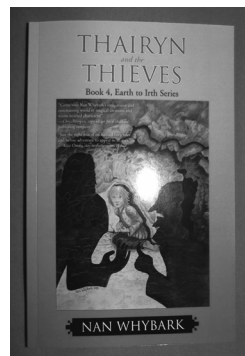
Whybark arrived at EWU with an associate's degree she earned from Everett Community College some 15 years ago while working full time and taking night classes.

Going back to school "was kind of a culture shock for me," Whybark says, "but I've made lots of friends and I'm really enjoying the environment."

A lifelong artist and author of children's books, Whybark wove her talents into the fabric of elementary and middle schools in western Washington, working as an educator to enrich curriculum and provide opportunities for students to tap into their creative energies.

She has also authored a series of five children's books titled *Earth to Irth* that are written for ages 8-12, but have a much wider audience. Artwork on the cover, and on the inner chapter introductions, was illustrated by Whybark herself. A sixth book will soon be in the works to wrap-up the series. And, the education from EWU, supported by the scholarship from the EWURA, will further hone her illustrative talents.

"That the retirees of this school would consider me - I just thought that was a great honor," Whybark says. "It's really helping to fund my education for the year while also giving me a lot of encouragement. I just feel special."



IN MEMORIAM

We'd like to take a moment to remember these outstanding Eastern faculty, staff and spouses who passed away in the last few months. Our hearts go out to their loved ones, along with our gratitude for their many years of service to Eastern's students and community.

William Barber, who served for 29 years as faculty/emeritus in psychology, passed away on Aug. 31.

John Brooks, who served as staff in sports and recreation for 33 years, passed on July 5.

Guadalupe "Lupe" Cannon, who served in Chicano education for 18 years, passed away on June 30.

Lawrence 'Pat' Crowley, served for 19 years in building maintenance and passed away on Jan. 4.

Mary Daugharty, spouse of retiree David Daugharty, died on April 8.

Clarence Dixon, who served in auto maintenance for 21 years, passed away on April 24.

Mary Kay Hale, spouse of retiree Alan Hale, passed on June 19.

Lawrence Kraft, who served in communications for 24 years, passed away on Aug. 30.

Thomas McCracken, who served in custodial for 31 years, passed on June 30.

Alicia Shepard, who served in custodial for 21 years, passed away on July 17.

Patricia Terrell, who worked in records and registration for 18 years, passed on May 6.

Jimmie Wasem, a staff member in EWU Athletics for 19 years, passed away on April 2.

Ivan Zarling, who worked in HR, business and finance for 20 years, passed on April 10.

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WELCOME TO AUTUMN – THE PRETTIEST TIME OF THE YEAR



Hello to you all! I think we have thankfully returned to some level of normalcy since the Covid pandemic has waned.

The President's Breakfast took place - in-person - on June 16, and was well attended. I had the opportunity to meet more EWURA members and recent retirees. Your dedication to Eastern is greatly appreciated and, as we get this newsletter out to all of our retirees, I'm looking forward to seeing new members join this great organization.

The EWURA Golden Links Coed Golf League season was a success and, true to Jerry Uppinghouse's yearly goal, we raised \$1,000 for the Golden Eagle Scholarship. We may have lacked the Jerry

Uppinghouse flare, but we had fun.

Congratulations to Judy Babb, the women's 18-hole champion, and to Chuck Young and Jim Brown, the men's co-champions (pictured to the left). Special thanks to Kathy Sawtells, Bob Gibbs and Gary Nogle for their work as executive board members involved in overseeing the golf league.

The EWU campus is now alive with students. It is fun to engage students, ask questions and hear their stories. Changing the life of a student is as simple as investing in the future with an easy-to-make planned gift.

I look forward to working with everyone in the EWURA - and appreciate the impact you make for Eastern students.

All the best and GO EAGS!

Ed Hoffman

EWURA Foundation Liaison
509-359-6132 or ehoffman6@ewu.edu

Judy Babb, pictured at the top, and Chuck Young and Jim Brown, pictured below, took home the hardware from the EWURA Golden Links Coed Golf League season.