

# NAU Retirees FLASH

NAU Retirees Association (NAURA)  
<https://in.nau.edu/naura/>

## SAVE THE DATE!

The **NAURA Fall Picnic** will be held on **Tuesday, September 17th** from 11am—1pm at the Ponderosa Pavilion west of the Walkup Skydome. We hope you will be able to join the fun, camaraderie, and good food with friends from NAU. Stay tuned . . . we will send out a SPARK with menu and registration details soon.



The **Spring Luncheon** held at the Dubois Center on the NAU Campus on May 2, 2024 was a great success with attendees enjoying a delicious Asian Fusion Buffet while socializing with fellow retirees.

President Carole Mandino was ill and unable to attend so Treasurer Greg Larkin welcomed everyone and introduced the NAURA Executive Board members in attendance including two new members: Molly Munger as Athletics Liaison and Wally Rande as Activities Director. Both new members have already hit the ground running with ideas for member activities this upcoming year.

The Annual Business Meeting at the luncheon consisted of one major agenda item - nominating/voting for a President-Elect. Claire Schonaerts was nominated and subsequently voted into the President-Elect position by unanimous consent. Carole Mandino was also voted into the President's position for one more year in a follow-up vote. We are so grateful for the commitment of all board members to the continued success of the Retirees Association.

Thank you all who attended the luncheon and hope to see more of you at upcoming events.

## President's Corner

Greetings Fellow Retirees!

It is the time of year we welcome more recent retirees than any other time of the year. To the new retirees, I would like to welcome you to the world of having more time to yourself, to concentrate on your health and well-being, to spend time with your family and friends, and to give back to your community through volunteering. Welcome to all new retirees this year thus far.

This is my favorite time of year, summer! My first summer in Flagstaff (it was 1977), I remember enjoying the cool monsoons, learning to drink tea (hot, not iced...that was years later), and just enjoying all that Flagstaff had to offer. You may live in another community and have a different time of year, but summers in Flagstaff are my favorite.

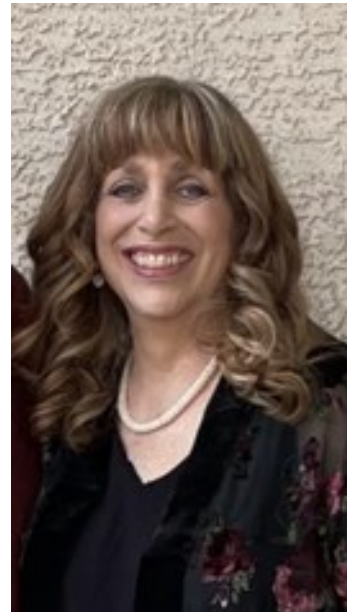
I love celebrating Independence Day, although this year we did not do much, but in years past we would take our children to the Flagstaff Athletic Club to swim, picnic, and watch the fireworks. We also would travel to San Diego to watch fireworks over the ocean, where they do not have to worry about fire. No matter where you live, I hope you enjoyed your Independence Day and gave thanks that we live in this great country.

One other thing I enjoy during summers every four years...you guessed it, it is the Olympics. I enjoy the patriotism, the competition, the sheer amazement of what athletes can perform with their

muscular bodies, and of course, the opening and closing ceremonies.

Our travels will take us to the Caribbean this summer. I hope your travels are exciting, fun, and safe. Wishing you a wonderful summer and hope to see many of you at the NAU Retirees Association Fall Picnic.

Carole Mandino  
NAURA President 2023-2024



# Treasurer's Report

## TREASURER'S REPORT: Submitted May 15, 2024

<b>Starting Chase Bank Balance:</b>	March 15, 2024	\$28,884.35
<b>Revenue:</b>		
Dues / Deposits	(2 annual and 1 lifetime membership; 19 lunches)	\$710.00
Vanco*	(3 annual and 2 lifetime memberships; 8 lunches)	\$802.60
Edward Jones		\$270.56
<b>Expenditures:</b>		\$0.00
<b>Total in Chase Bank Account:</b>	May 15, 2024	\$30,667.51
<b>Edward Jones Account Balance:</b>	March 15, 2024	\$84,000.28
Paid to Chase Account		(\$270.56)
Loss in Account Value		(\$1,314.17)
<b>Total in Edward Jones:</b>	May 15, 2024	\$82,415.55
<b>Total in both accounts:</b>	May 15, 2024	\$113,083.06

\*I will not show amounts from Vanco until they are actually recorded in a Chase statement. Hence, payments from Vanco (and some debits) will be slightly behind by roughly three weeks.

Respectfully Submitted,  
 Greg Larkin  
 Treasurer



# Announcements

- **ANNUAL Membership Renewals**—Parking permits expired on June 30, 2024 so if you haven't already, it's time to renew your annual membership to NAURA. To renew, go to [nau.edu/naura](http://nau.edu/naura) and follow the instructions on the Join/Renew Membership link.
- **Highway Clean-Up**—Eleven people turned out for this spring's NAURA Highway Cleanup on May 15. In spite of several comments that the highway seemed cleaner than in the past, we still picked up over a dozen bags of trash along the one-mile stretch of Highway 180 just north of Schultz Pass Road. For the most part, we even beat the storm that fell that day, although nobody really minded a much-needed rain. A special shout-out goes to MaryLynn Quarteroli and John Rabe who have made it to each of the cleanups since we restarted two years ago. Great job! We will have another cleanup mid-October, so please keep an eye out for notices. The picture is of Sandra Dannenfeldt and Gary Sammut proudly showing off their haul.
- The **Legislative Liaison** position on the NAURA Board is still vacant. If you are interested in following legislation that affects retirees and updating the membership, please contact NAURA about volunteering on the board.
- Watch for a SPARK highlighting opportunities to attend **NAU athletic events** at discounted prices.



# Welcome New Retirees - 2/27/2024-6/11/2024

Bertha A. Adame	Eric John Greenwald	Sue Pearce Neder
Audrey L. Alicee	Amy Brooks Horn	Maria Parra
Deborah A. Berktold	Laura Marie Karnitschnig	Steven Rosendale
Karyn L. Blair	Michael E. Leverington	Erin J. Stanford
Laura Jeanne Blank	Louise Lockard	Claudia Lee Sturgis
Julene Marie Boger	Robyn Sue Martin	Tad Theimer
Karina Collentine	Sheryl L. McCaleb	Lisa Tichavsky
R. Shawn Evans	Alexandria Athena McConocha	Frederick Wechsler
Gail Marie Farren	Jessica Melton	Fen Zheng
Yolanda E. Garcia	Kristina Maya Murray	
Mary E. Greenberg	Shirley Mae Navarro	

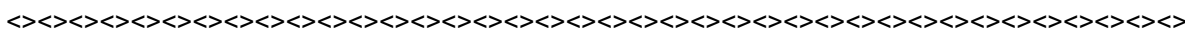


# Centennial Scholarship Recipients—2024



I am **Christine Clark Reese** and I live in Yuma, AZ. I am an Allied Health major, with a minor in Psychology. I will graduate in the Spring of 2025. My goal is to continue my education and become a Physician Assistant and serve my community as a primary care provider. I have a deep love for Arizona and the diverse people that make up this great state and I am honored to serve my community in any way I am able. This funding is critical because I am continuing on to a graduate degree and school is unattainable for me without the aid of grants and scholarships. I am also a wife and a mom and this funding means I do not have to work unrealistic hours while trying to pay for my education. This opportunity is a true blessing and I appreciate it.

My name is **Daniel Lord** and I grew up in Tucson, Arizona. Currently, I am pursuing my Nursing degree after initially building upon the strong foundation I established from receiving a degree in Biomedical Sciences from Northern Arizona University in 2021. I am on track to graduate Winter 2024. My immediate goal upon graduation is to pass the NCLEX exam and secure a position as either a pediatric or ICU nurse in Arizona. I am deeply committed to serving my community and believe that working in these specialized fields will allow me to make a significant impact on the lives of patients and their families. Receiving this scholarship will be instrumental as it will enable me to dedicate more time and resources to reaching my highest potential in my studies. I would be able to focus more intently on my education and clinical experiences, ensuring that I am well-prepared to provide the highest standard of care as a future nurse.



On behalf of the NAURA Executive Committee, we would like to thank all NAURA members who have made a donation towards the NAURA Centennial Scholarship fund. You make it possible to continue to support excellent students such as Christine and Daniel in a manner that has a real impact on their ability to continue their education. If you have not contributed and wish to, please go to the Give Back tab on the [nau.edu/naura](http://nau.edu/naura) website for instructions on how to donate online or you can mail a check to NAURA Treasurer, PO Box 5601, Flagstaff, AZ 86011. Please indicate the funds are for the Centennial Scholarship.

# In Memory of our Beloved Members

**Our condolences to the families of these NAU retirees, spouses, and faculty members who have recently passed away.** (Information is from published obituaries). If you know of a retiree or spouse who has died, please contact Nydia Nittmann at [nydia.nittmann@nau.edu](mailto:nydia.nittmann@nau.edu).



**Dr. Harold R. Hickman (1933-2024)** – Passed away peacefully surrounded by family on March 26, 2024 in St George, Utah. Hal began his academic pursuits in 1955, graduating with his MFA in 1960 and starting his career in instructional television. Later Hal received his PhD at Brigham Young University. He took a ‘temporary’ position at Northern Arizona University in 1977, becoming Chairman of the NAU Speech and Communications Department. He retired with Professor Emeritus status in 1997. However, one of his biggest professional accomplishments was to purchase KONY, a small AM country station in southern Utah and build it into the highest billing station in St. George, Logan, Idaho Falls, and Wyoming. Hal also started the KONY Coins for Kids charity that helps hundreds of underprivileged children at Christmas each year. He expressed his art in many ways, playing the piano daily, painting landscapes, singing in choirs and barbershop quartets, and spending time in theater, performing, directing, and writing numerous plays. Most of all, he loved to laugh, talk, and play with his family who will miss his wit and strength.

**Dr. Robert E. Holloway (1938-2014)** – Passed away on July 23, 2014, in Rockport, Massachusetts, with his loving wife Christina Doyle at his side. Nature brought Bob great joy in gardening vegetables and flowers, especially his beloved sunflowers, and hiking the canyons, high desert and native lands of the southwest. Education was always his central focus professionally, for the Department of Defense schools on Guam, directing the S.T.A.R. grant after completing his doctorate from Syracuse University, as well as advising, teaching, and mentoring doctoral students in technology and education at Columbia University's Teachers College. He continued this work at the Center for Educational Excellence at Northern Arizona University in Flagstaff. He was awarded professor emeritus status on his retirement from academic life. His beloved children, grandchildren, extended family, friends and former students will miss his dry wit, ready smile, and warmth.

**Howard Arthur Williams Jr (1925-2024)** – Passed away in his sleep on April 16, 2024. Howard had an amazing career and life, taking him from Alabama to Detroit then into the Air Force during the Korean War as a Tuskegee Airman. He returned to Tuskegee and earned his BS degree majoring in Applied Electricity. After marrying Fannie Colley in 1957, Howard was hired as an electrician for the Civil Service and they relocated to Cheyenne, Wyoming. From Wyoming they moved to Page, Arizona where Howard worked as an electrician during the historic construction of the Glen Canyon Dam. In 1965 they moved to Flagstaff and Howard was hired as an electrician for Ponderosa Paper Products. In 1966, Fannie accepted a teaching job on the Navajo Reservation. The family relocated to Leupp, Arizona. Howard continued to work at the paper mill, so he valiantly commuted to Flagstaff every day until 1969 when Fannie accepted a teaching job at Flagstaff Junior High School. Howard began working as an electrician at NAU in 1982 and found time to earn a second degree in General Studies with concentration in Spanish. He was an accomplished pianist and played baritone, loved music, especially jazz, was an FCC-licensed HAM radio operator and had a reputation as a pool shark in Tuskegee and around Detroit. His family and friends will miss him immensely.

# Travel Across our Borders

By Claire Schonaerts

This summer gave many of us the opportunity to travel around the United States or perhaps to a distant foreign country. I found myself basking in the hot sun of Mexico with silver sand beneath my feet and ten days later, walking the ancient streets of some of Canada’s favorite old cities. Both destinations left lovely memories encased in music, cuisine, and lifelong friendships.

In Mexico, we heard the triumphant blare of trumpets accompanied by the gay sounds of guitars from numerous groups of Mariachis. Celebrations of birthdays, beaches, and the beautiful sound of Spanish were everywhere.



A short two weeks later, the rushing shower of Niagara Falls drowned out any quiet conversation as it fell beside Toronto’s green swept hills. Proud graduates marched toward graduation ceremonies to the triumphant call of bag pipes. Proud parents saluted their children with French words of endearments in the grand city of Montreal. Our border countries entice us to devour the different adventures of travel.

The UNESCO biosphere of Organ Pipe Cactus National Park, Arizona, is home to majestic cacti standing in the blaze of heat while creatures of the desert burrow in hidden places.



Diagonally across our continent lies Acadia National Park where the first glow of sunrise touches our beloved country. Just southwest of Bar Harbor, Maine, this park is home to the tallest mountain on the Atlantic Coast of the United States. Fascination with its huge hills, mountain streams, and pine-covered terrain, made this a sharp contrast to Arizona’s Organ Pipe Cactus National Park. Each holds its own beauty and is a reminder to seek opportunities for adventure.



Our retirement years hold opportunities to explore enchanting vistas. We are also privileged to find ways to serve others and enjoy this very special time of our lives.



# Community Engagement

In the previous FLASH we introduced this Community Engagement section with the goal of sharing stories of your fellow retirees and their activities in their communities. Below are community engagement stories from two of your fellow retirees. If you would like to share your story, send an email to [naura@nau.edu](mailto:naura@nau.edu) with a short description of your activity and how it supports your community. Thank you to all who provide a service that is beneficial for the health, strength and well-being of the community.

## **Wallace Rande — Various**

I have been volunteering for years in various capacities, both at NAU and in the community. I enjoy helping out and lending my expertise to community organizations.

While working, I have volunteered on multiple boards such as KNAU, the Heart Association, and the Skyjacks. Since agreeing to 'phased' retirement at NAU once COVID hit, I went to working ½ time, giving me a great transition from working full-time to retirement and more time to help out, I made one of my goals for retirement was to volunteer more.

Several months ago, I started attending the Senior Coffee Hour at the downtown Flagstaff Library which has made me aware of multiple other opportunities. I am continuing to volunteer at the Family Food Center 3 or so times a month which I have been doing for the last few years. I met the volunteer coordinator for Tinkertopia, an arts and stem area for kids. I now teach their cooking classes and will teach two cooking camps this summer. [My previous vocation before was a Chef]. I am looking into joining the Symphony Guild.

My advice is to look into sharing your time and experience with community organizations. I suggest you attend the Senior Coffee hour at the Downtown Flagstaff Library, the second Wednesday of each month at 10am, to meet up with other volunteers and learn about volunteer opportunities. The NAU Center for Service and Volunteerism is a great window to many volunteer opportunities.

## **Kerry Bennett—Road Scholar in the Southwest and Beyond**

Every time I join NAURA members for an event, I'm again reminded that so many of us are avid travelers! In May 2023, I had the opportunity to join Mary Hansen, director of NAU's Road Scholar group in the W.A. Franke College of Business, in a presentation about Road Scholar and the many educational adventures it offers. Since then, I have been working part time for Mary's Operations group, and it's been fun learning all the behind-the-scenes details of planning Road Scholar tours. I'm continually impressed by the great job her team does delivering a wide range of programs to hundreds of participants!

I also continue in my role as a Road Scholar Ambassador, making presentations to community groups all over Flagstaff. This year I represented Road Scholar at the Festival of Science and presented at the library's Senior Coffee Hour.

If you missed our presentation last year, I'd be happy to send you information and sign you up for the Road Scholar email newsletter and print catalogs. Or you can explore Road Scholar on your own at [roadscholar.org](https://roadscholar.org).

Please contact me here if you'd like to learn more at [kerry.bennett@nau.edu](mailto:kerry.bennett@nau.edu)



# Community Engagement—continued

## Karin C VonKay — Dementia Friends Champion

I took the Alzheimer’s journey with my mother between 2002-2009. I didn’t know what I didn’t know but was reasonably aware of how to handle most situations. Still, I felt that I was missing some key elements, particularly how to communicate with her. Fast forward to 2017. I was exploring dementia in Arizona and discovered that Tempe has been designated as a dementia friendly city. I contacted Banner Alzheimer’s Institute that holds the license in Arizona for Dementia Friends. They educated me (a non-healthcare professional) to become a Dementia Friends Champion. I am one of many throughout the state and the country. Champions are volunteers who provide a 1-hour information session to caregivers by providing them with helpful information, resources and great tips about how to communicate.

In 2018, I joined the Board of what became the Northern Arizona Alzheimer’s and Dementia Alliance— <https://NAZADA.ORG>. This is a nonprofit that provides free virtual quarterly workshops for caregivers, resources on our webpage, the Majestic Mountain (memory) Café, and awards for respite care. The caregiver brings their dementia care person to our monthly Café where they can enjoy time together, create connections, and be free from social isolation while enjoying planned activities.

NAZADA will hold their 3rd annual Cherish the Moments Walk on Saturday, July 27 from 9 – 11 a.m. at Buffalo Park. Proceeds from this event partially support our respite care program. Even more exciting is the partnership that NAZADA has with NARBHA. We will be launching Dementia Friendly Greater Northern Arizona later this year. The Dementia Friends initiative changes the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. If you would like to become a dementia friend or volunteer with NAZADA please reach out to me at [NAZdementiafriend@outlook.com](mailto:NAZdementiafriend@outlook.com).

# Volunteer News

The **Center for Service and Volunteerism (CSV)** is proud to announce a new volunteer engagement platform called Axe of Service. At CSV, we are expanding programming beyond AmeriCorps and AmeriCorps Seniors to also support broad community engagement in Flagstaff in new ways and offer a useful resource for non-profits to find and manage volunteers free of charge.

The Axe of Service volunteer platform will serve as a centralized hub where anyone in Flagstaff will be able to sign up for volunteer opportunities/events and track their hours all in one user-friendly site. Axe of Service will connect you with many organizations that need your support and where you can contribute to your community.

The official launch of the platform will be on August 22nd, 2024. If you would like to learn more about this platform, please email [axeofservice@nau.edu](mailto:axeofservice@nau.edu).



If you indicated an interest in volunteering, look for an upcoming communication regarding volunteer opportunities at NAU sports events starting Fall semester.

# Executive Committee Directory—2023-2024

**ELECTED:**

<b>President</b>	Carole Mandino	carolem.naura@gmail.com
<b>President-Elect</b>	Claire Schonaerts	claireschonaerts@gmail.com
<b>Past President</b>	Kathleen Zahl	koz1946@hotmail.com
<b>Secretary</b>	Gae Johnson	gae.johnson@nau.edu
<b>Treasurer</b>	Greg Larkin	greg.larkin@nau.edu

**APPOINTED:**

<b>Activities Chair</b>	Wallace Rande	wrande@gmail.com
<b>Archivist</b>	Harlan Johnson	harlan.johnson@nau.edu
<b>Athletics Dept. Liaison</b>	Molly Munger	Molly.munger@nau.edu
<b>Benefits Rep</b>	Betsy Kerr	betsy.kerr@nau.edu
<b>Highway Cleanup</b>	Richard Coast	richard.coast@nau.edu
<b>Legislative Liaison</b>	VACANT	stan.lindstedt@gmail.com
<b>ASRS/ADOA Liaison</b>	John Hagood	john.hagood@nau.edu
<b>Membership Chair</b>	John Nauman	johnknauman@gmail.com
<b>Newsletter Editor</b>	Nydia Nittmann	nydia.nittmann@nau.edu
<b>Scholarship Chair</b>	Nydia Nittmann	nydia.nittmann@nau.edu
<b>Web Master</b>	Leslie Mathews	leslie_mathews@hotmail.com
<b>Admin. Support</b>	Nydia Nittmann	nydia.nittmann@nau.edu

## NAURA PRESIDENT LIST—last 20 years

2005-2006	Harlan Johnson	2015-2016	Warren Johnson
2006-2007	Ben Zinnecker	2016-2017	Toni Fox
2007-2008	Charles Barnes	2017-2018	Norman Bertram
2008-2009	William Nietmann	2018-2019	Kathe Shinham
2009-2010	Zinnecker, Barnes, Nietmann	2019-2020	John Nauman
2010-2011	Walter "Hoppy" Hopkins	2020-2021	Rich Bowen
2011-2012	Don McCallum	2021-2022	Betsy Kerr
2012-2013	David Best	2022-2023	Kathleen Zahl
2013-2014	David Best	2023-2024	Carole Mandino
2014-2015	David McKell	2024-2025	Carole Mandino

### NAU Retirees FLASH Newsletter

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