Dear FSF Participant,

Update From the Director

Spring has started and FSF is excited to be hosting the Oregon State University community event “TRY-athlon”. The event will look to bring together faculty, staff, and students from different colleges and units, competing for both the top fundraising and performance spots. While competition is a piece of the event, the main emphasis is to bring together teams of individuals that enjoy swimming, running, or walking. While also sharing in a fun way to be active with your friends and co-workers. Find out more and how to participate here.

As we move forward with Faculty and Staff Fitness programming, we have identified the concept of wellness being a pivotal part of the success of FSF in the future. To address the health and wellness needs of our participants we will be looking to start to collaborate and bring more health and wellness programming to our offerings. Stay tuned for next years opportunities.

But for now, here is an opportunity in the upcoming weeks. A presentation by Dr. Linda Bacon, The Next Public Health Challenge: Losing the Anti-Obesity Paradigm.

Lastly, summer schedules will be up soon, we have heard participant interest in having additional weeks prior to the start of the academic year, and will look to extend our normal 10 week schedule to 12 weeks for classes based on registration.

Sincerely,

Drew Ibarra
Director of Physical Activity Programs
College of Public Health and Human Sciences
541-737-6811
The Commitment Award:
An individual who shows some form of dedication to themselves and the Program.

The Courage Award:
An individual who displays uncommon courage in face of personal adversity and who carries on against the odds of others.

You can view past recipients here. Award Recipients are only eligible to win an award once.

Please click here to take the survey or you can come by our FSF/PAC office in 123 Langton Hall and fill out a nomination form. Please have nominations in by June 2nd, 2014.

We look forward to seeing you at our Annual FSF Awards Picnic at the Rotary Shelter at Willamette Park on Friday, June 11th, 2014. Please check your email for RSVP Information which you will be receiving shortly.

PEBB
We have detailed the process on receiving your Exercise Rewards refunds for participation in FSF on the FSF PEBB Page. Feel free to contact us if you have questions.

Please note we are unable to sign off on walking that is done on your own. If you would like to include walking to get your 12 sessions in, a great option is to sign up through FSF for Beaver Strides. Registration for Beaver Strides is open through the first week of every term (except summer, the program will resume in Fall). Please contact us with any questions!

FREE Nutrition Consults!
The Oregon State University Dietetic Interns and the Moore Family Center are offering FREE 60-minute, one-on-one nutrition consultation visits for Faculty Staff Fitness Members Friday, May 16th. Talk about healthy eating for a wide range of situations; anything from beginner tips, to pregnancy, to training for a marathon. Appointments are available for the 11, 12, or 1pm time-frame. Call 541.737.3222 to schedule your appointment today or email Nova Elwood at nova.elwood@oregonstate.edu.

FLEX/TRIAL PASS
New 10 Class Flex-Pass now available!

Dear FSF Participant,

As I thought about Celebrating 30 years of Faculty Staff Fitness (FSF), it brought to mind all the individuals who have benefited from the program here at OSU over those years. What kind of an impact has FSF had on the many people lives over the years. How many workout hours would that equate to if added up. There are still some of those original individuals taking classes to this day and/or teaching classes. Bill Winkler is our icon as the creator of FSF. Still teaching his Circuit Weights Class at 7:00 am on M/W/F. I also believe that some of those who take his class have taken it for years. Why? That is what FSF represents, comradery, family, fun and fitness all wrapped into one wonderful experience.

I hope all of you will come join in celebrating 30 years of fitness. Our celebration will be held at Willamette Park, June 11 from 6-8:00. All family members are welcome. There will be more information as the date approaches.

If you have not heard about the FSF TRY-Athlon, please go to the FSF website and think about working out for 20 minutes of FUN! June 6th. Be part of a team. This is our 4th annual Fund Raising event for FSF. This event provides fun, fitness and a small way to help our efforts as a non-profit organization.

Sincerely,

Rochelle Schwab
Coordinator of Faculty and Staff Fitness
College of Public Health and Human Sciences
541-737-3222

Upcoming Events

Dates and times of new upcoming events:

This Fri, May 16th- FREE 60-Minute One-On-One Nutrition Consults (More info here). Call us to sign up today!
Thurs, May 22 - Losing the Anti-Obesity Paradigm Presentation by Dr. Linda Bacon 5:30-6:30pm
Mon, May 26- Memorial Day Closed
June 2- Summer Registration Opens
Fri, Jun. 6- TRY-Athlon 12-1pm
Fri, Jun 6- Spring Classes End
Wed, June 11- Awards Picnic 6-8pm
June 23- Summer Classes Begin
August 29- Summer Classes End (10-Week)
Sep 12- 12-Week Summer classes end
Flex-Pass Details:
$30 for 10 FSF Classes of your choice from our approved list. Pass is valid for the Academic Year if purchased for Spring term or earlier (expires at the end of Spring Term). If the pass is purchased for Summer, it will be valid for Summer term only.

Trial-Pass Details:
$15 for 5 FSF Classes of your choice from our approved list. Pass is valid for the Academic Year if purchased for Spring Term or earlier (expires at the end of Spring Term). If the pass is purchased for Summer, it will be valid for Summer term only.

Limited number available, purchase yours today and enjoy the flexibility of choosing when and how you work out!

For a complete list of participating classes and more details visit the announcements section of the FSF Page here.

The 20-Class Flex Pass will be available again in Fall for $60.

Cancellations and Make-Ups
With several cancellations due to factors outside FSF's control, we will plan to run most of our courses that we cancelled in finals week, June 9-13, to make-up for the missed days. We will post the make-up schedule to our website week 10 of the term.

Want to give back to Faculty and Staff Fitness?
FSF is in the process of starting its own fundraising campaign to ensure continued programming for Faculty and Staff. The fundraising campaign will focus on supporting an endowed leadership position, keeping costs low for participants, and updating the FSF programs technology around registration and communication.

Have you appreciated your FSF class and want to give back to the FSF family? FSF is providing several ways you can contribute to the program. You can serve on one of the several committees that focuses on advancing the program through your leadership or donate to the FSF Endowment Fund that will focus on making FSF self-sustainable to provide future possibilities to Faculty and Staff.

Class Info
We are having some changes in upcoming courses. A few highlights are...

- Swim Skills Workout will move to 12-12:50 for Summer
- Zumba will be offered TR at 5:15pm

Women's Building Locker Rooms:
The Women's Building Locker room restrooms will be under construction this summer (the dates have not been confirmed yet). Once the construction has begun, the restroom section of the locker room will be partitioned off and the main entrance will be locked. For those of you in a swim class, the locker room will be accessible through the pool area via the South-East door. We are still working on securing another entrance for those of you with classes at times when the pool would be locked. We will provide the details to you when they become available.

Summer Extended Registrations
We are planning to offer some of our classes for an additional two weeks this summer. When you register for summer, you will have the option of purchasing for 10 or 12 weeks of participating classes. We will announce which classes will be available for the extended 12-week option on our website soon.

Classroom Updates
The remodel of Langton 12 and 13 has been completed. We hope you are enjoying the updated and more open space. We are looking into possibly adding flooring or carpet for Summer. We will keep you updated.

We are now chalk free in Langton 006 thanks to a very generous donation. The chalk board has been replaced with a magnetic whiteboard over spring break.

FAQ
Can I register for Physical Activity Courses?
Yes, individuals may register for a PAC class if it has space available after the first week of the term. You would register for the PAC class through the Physical Activity Office just like you would for an FSF class. The cost for the class would be the fee listed on the course catalog for each class. Most class fees are $49 for two times a week and $64 for three days a week. However, some classes do have additional fees to cover the cost of equipment and travel expenses associated with the class.

PAC Classes you might be interested in that are running this summer:
- Tennis I
- Basketball
- Salsa I
- Country Western
- Golf
- Surfing
- Hiking Local Trails
Goodbyes

Faculty Staff Fitness would not be the same without our amazing instructors. I would like to take this time to say goodbye to three of our long standing instructors for FSF. All three have added so much to the program and these few words below do not even touch the amount of hours and dedication they all have given to the program. I hope you will take time to come to the FSF picnic on June 11th at 6:00 at the Willamette Park Rotary Shelter to say goodbye to these three amazing instructors. Thank you from all of us at FSF.

Laura Worden has been teaching FSF Swim Skills class for many years. Laura has the ability to coach on technique and skill that many do not. The swim skills of many individuals have greatly improved under her direction and instruction. We will miss her greatly as Laura and her husband Mark locate to Korea to teach others. We wish them well and safe travels. Laura, thank you for the many years of service to Faculty Staff Fitness.

Stasi Kasianchuk who teaches the Circuit Weights at 7:00 am, will not be leaving campus but has been working with the Athletic Department for a few years now. Stasi taught many years at this time and then volunteered this last year to teach the morning CWT. Her dedication and love for the FSF program and the T/Th group shows. We appreciate the many years she has dedicated to FSF and Circuit Weights and wish her well as she continues to inspire others to better health. Thank you so much Stasi.

Rhoda Flatz-Byers will be moving to Washington to finally join her husband. We have enjoyed the many years of service you have given to Faculty Staff Fitness. Rhonda taught many of the swim classes for us. Aqua Aerobics, Swim Skills, Swim Workouts and Therapeutic as well as Swim I/II. She is leaving behind a legacy. She has also given us her daughter Kodi Byers who is following in her mother's footsteps. Thank you Rhonda for the many years of service to FSF. We wish you well as you move to Washington. You will be greatly missed. Thank you so much Rhonda.

Can I donate to the Faculty and Staff Fitness Program?
Yes, you can donate to the FSF Endowment Fund that will focus on making FSF self-sustainable to provide future possibilities to faculty and staff. If you are interested, please see the "Make a Gift" box on the right of our website or contact us and we can get you more information.

Does FSF do make-ups?
Yes, we do offer make-ups for classes that were cancelled/unable to run during the term. Make-ups are held during the finals week of the term. In addition, because some classes are not allowed to run in finals week due to student finals, opportunities will be made available to participate in other classes in the FSF schedule. We plan to have the make-up schedule for Spring Term posted by Monday of Week 10.

What if I cannot attend a full term?
We offer Flex-Pass Options and Trial-Pass Options that allow you the flexibility to pick and choose classes from an approved list of classes. Options are:
5 (Trial) - $15
10 (Flex) - $30
20 (Flex) - $60 (Academic Year)

What if I am completely new to exercising?
We are here to help! Most of our classes are beginner friendly and Instructors are able to facilitate a smooth transition to a more active lifestyle. If you have any specific questions or concerns, please contact us and we would be happy to help you find a great fit.

What if I miss a class or know I am going to miss a class, can I attend another class to make it up?
We now offer the Flex (10 or 20 classes) and Trial (5 classes) Passes to provide you an option that allows for that type of flexibility.

Your Health and Wellness

Articles, topics, and promotions of health and wellness

Exercise for Strong Bones (National Osteoporosis Foundation)
Milk and Milk Alternatives: How do they Compare? (Moore Family Center Blog)
What are some Examples of Mindfulness Exercises? (Mayo Clinic)
Fill it up? How the shape of your glass may affect your shape (Moore Family Center Blog)
We have recently added several staff to our ranks as of

**Fall:**
Brandon Lemcke - Swimming
Kyle Larkin - Back Conditioning Clinic

**Winter:**
Kendall Herriott - Tennis
Angie Greenwood - Pilates II
Kodi Byers - Swim I/II

**Spring:**
Tispora Berman - Restorative Yoga
Beth Lambright - Therapeutic Water Exercise
Kelsey O'Sullivan - Circuit Weight Training

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**Words from our Participants**

**Karl Drobnic**

Come June, 2033, I will have spent half my life in FSF, and if I make that goal, you're each invited to the party I'll throw. I especially look forward to seeing our founder, Bill Winkler, at the event. By the way, I'll be 90, and Bill - well, he'll be somewhat older than that.

When I first joined FSF, in 1988, Bill taught all the Circuit Weights (CWT) sections, from 7:00 AM to 6:00 PM, mostly on a volunteer basis. I missed the opening years of FSF due to being on assignment to an OSU project in North Yemen, but I haven't missed a year since. My motivation to take that first CWT class was a shattered kneecap. Rehab had been only partially successful, and I pretty much had constant soreness and pain from the injury. Doctors advised me to expect arthritis. These twenty-six years later, the rehab is still only partially successful, but the soreness and pain is long gone and the arthritis is still out there in the future somewhere. CWT has not been a silver bullet; rather, it's been a week by week, month by month endeavor that has paid benefits far beyond my initial focus on an injured joint.

One of the early benefits I noticed was some concrete evidence of what a great faculty and staff the people of OSU are. About my third or fourth year in the program, Bill was still teaching all the CWT sections, September through June, and each summer, he and his family traveled to Michigan to their cabin on the Upper Peninsula, leaving us on our own for summer workouts. Class members took turns setting up the weight room and planning drills, and it drove home to us how much Bill meant to FSF. So, Jack Davis (very recently departed) and some friends organized a “Treat Bill to Summer” campaign. There was no pressure to donate, but in June that year, as Bill prepared to depart on his annual sojourn, participants handed Bill a check for about $3,000, a gift intended to be spent in its entirety on vacation frills. Times were no less frenetic, salaries were no better than today, but people dug deep to show their appreciation for a program that would have faltered without Bill's extraordinary volunteerism. It is a faculty/staff spirit that has maintained at OSU throughout the decades of ups and downs, retrenchments, leaps forward and steps sideways. We exercise amongst good people, no matter the departments from which we come.

When I was a newcomer to FSF, the human genome had not yet been sequenced, and the debate over how much of our fate is determined by heredity vs. by nurture was far more subjective and lively. Today, we are far-tilted in opinion towards heredity. The genes we each have are the hands we've been dealt, and we work from there. A few people are winners of the genetic lottery, but most of us toil along making the best of what we've got - and I find that a great reason to show up at the workout room everyday. We cannot
change our genetic destinies, but there are mounting indications that we can stave off the ravages, at least for a while. As Bill has given over teaching all the CWT sections, we’ve gained access to trainers who are engaged in the terrific research conducted by our Department of Exercise and Sports Science and related fields. Their research flows through to us, be it the effects of weight-bearing exercise on bone density, matters of obesity and health, muscular atrophy in seniors, and a host of other initiatives. Over the years that Rochelle directed FSF, she brought us a variety of trainers whose research interests have kept our exercise classes on the cutting edge of new developments in exercise science and off the funky plateaus of doing the same things over and over and over again. We sweat, we ache, we groan, and we are reminded that we are part of a leading research university.

On a personal note, when I was sixty, my doctor informed me that my bone density was slipping towards osteoporosis, and the next year I was there. I joined the Fosamax brigades, switched to a super-effective calcium especially formulated with minerals to aid in increasing bone density, and upped my workouts to five days per week. Year by year, my bone density crept up, and after five years, I was back in the normal range for my age group. I have been off Fosamax (which has serious long term side effects) for three years, but continue with the super-calcium and the five days per week exercise program, and my bone density is still slowly improving. My doctor credits the Fosamax, and I won’t argue, but I won’t stop exercising, either.

Now early in my seventies’ decade, I find my exercise expectations have shifted. I no longer have much interest in muscle building. Staying toned is enough. Over the years, it has progressively taken increasing amounts of effort to achieve small gains in muscle mass, and my attention has shifted to areas more relevant to being a senior, such as balance, flexibility, agility and core strength. No doubt more changes await. But in the meantime, my appreciation for still being able to do burpees and pushups, speed-skaters and jumping jacks, and curls and rows will deepen. My thanks to all the trainers and staff over the years for looking out for my fitness - and see you at the party in 2033.

STAFF HIGHLIGHT

Tsipora Berman
PAC/ FSF Instructor

What classes do you teach:

Currently teaching at OSU: Yoga 1, Pilates 1, Pilates on the Ball 1, Yogalates Dance, Restorative Yoga.

How long have you been teaching:

37 years. (Mindfulness Across the Curriculum, Creativity
Education, Movement Education and Therapy, Holistic/Progressive Integrated Education, Yoga, Authentic Movement, 5-Rhythms, Body-mind Centering, Yoga-Dance, Meditation, Walking and Yoga, Writing and Yoga, and every topic you might imagine for pre-K-assisted living and special populations

**What do you like most about teaching:**

The creative process of unfolding and expanding of the essential self, true self, inner self, for myself and my students. Each class, fresh and new like the moments within it; never happened before, never will happen again. The richness of life in the present moment and how that supports our personal growth and inner peace. Each person unique with special gifts to share as they open up to be themselves in the class.

**Where were born:**

I was born on Scott Air Force Base in Illinois where my father was in the service. I grew up in Washington D.C. in the 60's/70's, a very intriguing historic time of cultural changes. I was part of the back to the land movement stewarding 65 acres creating an organic farm and spent 30 years teaching, raising children, and running several holistic science programs and was head teacher at the School Around Us in Kennebunk, Maine.

**What are some of your personal interests:**


Faculty and Staff Fitness Program

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