



ASSOCIATION OF RETIRED FACULTY & STAFF

Join ARFS!

Annual Dues (September 1 – August 3)
\$25 per person or
\$35 per Household

Make checks payable to ARF and mail to:
Jeff Owens, ARFS Treasurer, 1161 Walden Road,
Tallahassee, FL 323317

*PLEASE: Include your name, address, email, and
phone number*

ANNOUNCEMENTS

	Time	Event	Location
June 10, 2026	11:00 am	BBQ	FSU Lake Front (the "Rez")

2026 BARBEQUE

The annual ARFS Barbeque will be held at the FSU Lakefront Park and Retreat Center (formerly the Rez). Festivities will start at 11:00am. Our guest speakers will be faculty and students from the FSU University Research Opportunity Program (UROP).

The price remains a bargain at \$ 15/person. Payment can be made by check or via Zelle (jfolso@comcast.net). Checks should be sent to **Jeff Owens, 1161 Walden Road, Tallahassee, FL 32317**. Jeff needs to receive payment by June 3 in order to make up the name-tag list. [NOTE: Checks should be made out to < **ARF** > (not < ARFS >).]

LUNCHEONS

The Fall Luncheon will be held on October 28, 2026. The Spring Luncheon will take place on March 24, 2027. The venue for both events is the Capital City Country Club.

FIELD TRIPS

Four local field trips are planned for the next academic year. These will take place in October, November, February, and April. Venues will be announced in the fall.

OUT-OF-TOWN ADVENTURE

Our "big non-local travel event" will take place next January. Details will be forthcoming early in the Fall.

2027 BARBEQUE

Next year's barbeque is scheduled for June 9, 2027. "Same time. Same place."

CALL FOR SUBMISSIONS to the next issue of the Retiree Journal

ARFS members are a vibrant and active group of people who have led successful lives and careers. Why not share with others the things that continue to interest and motivate you.

Do you have a story to tell that might be of interest to our members? (See, for example, Anne Thistle's fascinating description of a trip she took to Scotland, Wales, and England, which was shared in the February 2025 edition of the ARFS News & Notes and is posted at <https://retiredfaculty.fsu.edu>.)

If so, send it to Michael Launer at mlauner@fsu.edu for possible inclusion in the next issue of the Retiree Journal!



REMARKS

President Carol Weissert
(cweissert@fsu.edu)

This is my last column as ARFS president. Marshall Kapp will soon take over as president and is already preparing to make ARFS bigger and better. I know he welcomes your feedback as to ideas you might have and what you might like to get from this organization. One thing that everyone can do is encourage your friends—especially recent retirees—to join ARFS. We have been expanding our programming and have been reaching some new folks but more would be good. As with many things, ARFS membership fell during and after COVID and we haven't quite recovered.

We have stepped up our on-campus activities and excursions this year and plan to continue for next year. Thanks to all you who have attended. The events at WFSU, the Marine Lab, and the FSU Opera brought us together for conversation and informed us on the scope and scale of FSU activities and programs.

Thanks to all of you who voted on the new officers and the bylaws changes. Increasing the dues was an important step for us to recognize the value and strengths of this organization as well as help cover costs for ever-rising catering for our events. I have enjoyed my year as your president and feel that I am leaving ARFS in excellent hands. The June barbeque will be Marshall's first event as president, so I hope everyone will come and share ideas for the ARFS future along with enjoying the camaraderie. Hope to see you there.

Carol Weissert
ARFS President



REMARKS

President-Elect Marshall Kapp
marshall.kapp@med.fsu.edu

I freely admit that I am a reflexive resister when it comes to the use of technology. I do not participate personally in any Social Media activities and engage in email and texts only reluctantly.

Nonetheless, in recent conversations involving your ARFS leadership imagining ways to enhance ARFS in the future both as an organization and a source of value to individual members in the organization, strong suggestions have emerged about the importance of improving the extent and timeliness of communication about our many activities and opportunities by taking advantage of various Social Media platforms. So, I am writing to ask for your assistance in bringing ARFS into the 21st century in this regard. Please consider this a call for ARFS members who have a particular interest (and maybe even a bit of expertise and/or experience) in the Social Media arena who would be willing to volunteer their service on a special task force to explore the feasibility of, and to map out, an ambitious and effective Social Media plan for ARFS. I'm looking for a few good humans! If you would like to be involved in this endeavor, please let me or other Board members know, and we will put your energy and enthusiasm to good use. Many thanks.

Marshall Kapp
ARFS President-Elect



Voting Results

As always, Carol Darling and Jeff Owens were instrumental in conducting the ARFS voting process. Here are the results:

Officers and Board Members for 2026-2027

President-elect: Michael P. Smith

Treasurer: Jeff Owens

Secretary: Jill Adams

Member-at-Large: Perry Crowell

Marshall Kapp was not on the ballot but will be the president for 2026-27.

Changes to the Bylaws

ARFS members approved the following changes to the bylaws:

- increasing the annual dues to \$25 for an individual membership and \$35 for a household membership
- changing the fiscal year to begin on **September 1** in order to coincide with FSU's academic year
- limiting members-at-large to only one two-year term
- announcing the new officers by May 1, with new officers and board members assuming office at the Spring board meeting

All of the proposals for changes to the bylaws passed with significant majorities.



Past-President Farewell Letter

Patricia (Pat) Martin

As I leave the Board of the Association of Retired Faculty and Staff (ARFS), I thank my colleagues for their goodwill, support and help over the past three years. Also, I encourage all who read this comment to reach out to retired faculty and staff who are not in ARFS to encourage them to join. We are active in many ways, and we enjoy being together, having adventures, taking trips, learning things, and keeping up with developments at FSU. Some of my non-ARFS friends have complained that we are boring. Perhaps at one time we were (though I doubt it) but take my word for it: We are not boring now. Try us and see!

As annual events, ARFS has two seated luncheons (with FSU leaders as guest speakers), a Christmas party in the Heritage Room (Dodd Hall), a barbecue at the Lake Front (formerly Reservation), and many visits to campus sites to learn about them in this 175th year of FSU as an institution. In recent times, we visited the wind tunnel accelerator lab, the Innovation Hub (where 3D printers are extensively employed), the Nursing School Simulation Lab (where robots have heart attacks and babies), the Master Craftsman's shop (where art and practical objects are created), the Dedman Hospitality Center, the WFSU TV and NRP radio headquarters, and the FSU Coastal and Marine Lab (just this month). We have also toured new buildings, including the FSU S Union and the Earth, Ocean, and Atmospheric Science Building, and we hope soon to tour the new Herbert Wertheim Business Building.

We take 3-day trips out-of-town. Over three years (2024-2026), 20-30 of us traveled to Sarasota/St. Petersburg, St. Augustine, and the Kennedy Space Center/Winter Park. Jill Adams and Larry Gerber planned our off-campus adventures (asking us to do very little). They chose lodging, restaurants, and activities and reserved a bus to transport us. If you need campus parking privileges, an annual permit for only \$15.00/year allows one to park in any 'red-lined' space and for several days at the Alumni Center while away on a trip. If you hardly know any retired faculty and/or staff, not an issue! Go on one trip or join in one campus visit and you'll become instant friends with your fellow adventurers.

Colleagues gave me valuable support in my three years on the Board, for which I am grateful. Kirby Kemper shared his knowledge of FSU and ARFS dynamics in ways that helped at critical junctures. Carol Weissert revamped our ARFS website, encouraged more campus visits, and improved the financial viability of our organization. Invaluable behind-the-scenes work was done by Carol Darling who kept our documents and procedures current. Jill Adams was our "roving photographer" and excellent (also cheerful) secretary. Jeff Owens never dropped the ball as Treasurer, and Michael Launer set a high standard for the editorship of our quarterly newsletters and annual Journal. Support and guidance from the Office of University Relations, particularly by Assistant Vice President Jimmy Cole and associates--Jake Aboulhosn, Max Dou, and Kevin Olsen made (and make) it possible for ARFS to exist. Finally, Freddie Groomes and Genevieve Scott, who served on the ARFS Scholarship Committee for years are thanked as they step away from the Board. Both were stalwarts of the FSU administration prior to retiring.

Going forward, I congratulate Marshall Kapp, Michael Smith, and Perry Crowell as they assume responsibility at the ARFS helm. They need our support and I am confident they will receive it. The opportunities ARFS provide to gather and have fun without having to teach, serve on committees, write papers, manage finances, enforce rules and regulations, , are wonderful. Thank you FSU for supporting this organization and thank you ARFS for the joys and opportunities membership affords.



Spring Activities

Spring 2026 was a busy one for ARFS members with the spring luncheon, two FSU tours, and a musical event reaching a wide variety of FSU retirees.

On March 18, Dr. Alma Littles, dean of the FSU Medical School, headlined the always popular spring luncheon at the Capital City Country Club. She updated the audience with recent and longstanding endeavors of the Med School, including the new facility in Panama City and the new arrangement with Tallahassee Memorial Hospital.

The two FSU events were a tour of the WFSU Radio and TV Studio on Feb. 18 and the FSU Coastal and Marine Lab on April 8. David Mullins, general manager of WFSU Public Media, briefed the ARFS members on their activities, including recent successes in local funding support to counter major cutbacks in federal support for public radio and TV. At the FSU Coastal and Marine Lab, two dozen ARFS members toured the facility including its oyster hatchery and heard the history and accomplishments from its director, Joel Trexler.

Finally, on April 12 ARFS members enjoyed the delightful presentation of Mozart's *Cosi fan tutte* as part of FSU Spring Opera in Opperman Hall.

The final ARFS event this spring will be the annual barbeque at Lakefront at 11 am on June 10th. To reserve a spot, please send \$15 to Jeff Owens via check or Zelle. Please send the check, made out to ARF, to Jeff Owens at 1161 Walden Road, Tallahassee FL 32317. Send Zelle payments to jfolso@comcast.net.



Spring Luncheon Photos

Retiree Travel

Time for Travel: Stories from Our Members

One of the true luxuries enjoyed by many retirees is the wherewithal (time, money, good health) to travel – to visit places on one’s “bucket list” or to return to places one remembers fondly from previous work or vacation trips.

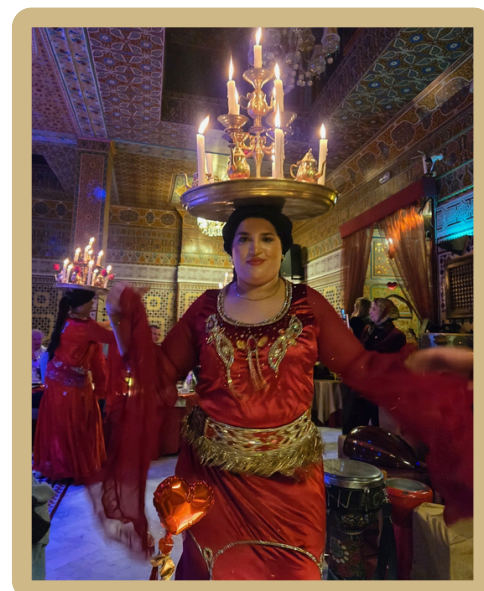
In this section we present travelogue from ARFS member Sharon Nicholson.

We invite all ARFS members to share their personal memories in an upcoming issue of *News & Notes* or in the next edition of the *ARFS Retiree Journal*.

Sharon Nicholson - Marrakesh Express

I recently took a nine-day trip to Marrakesh, Morocco. Some of the highlights included a cooking lesson, a tastings tour of the “souk” (the market in the old city), a tour of the Atlas movie studios, some phenomenal restaurants, and camel riding and sandboarding. The cooking lesson was private and began with a walk through the market to buy what was needed to make a “tajine,” a type of Moroccan stew cooked in a clay vessel. My guide tried to teach me the Arabic term for everything we purchased. I did manage to order the lamb we needed in Arabic but quickly forgot the other terms. The meal we prepared was fantastic. The 15 “tastings” were at stops in the souk, on a tour that lasted 3 or 4 hours and included watching foods being prepared.

At the Atlas film studio in the desert town of Ouarzazate, one of several excursions out of town, sets were still standing for such movies as *The Jewel of the Nile*, *Gladiator*, *Game of Thrones*, and *The Amazing Race*, among scores of others. Another excursion was to the coastal town of Essaouira, known for fishing and seafood restaurants.





Retiree Travel

Sharon Nicholson - Marrakesh Express

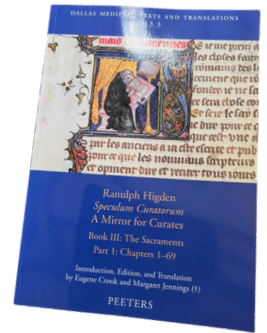
On the trip that included camel riding, camping, quad bikes, and sandboarding, no “old folks” had signed up, so I was on a bus with a 30-something couple and 13 students between 20 and 25. It ended up being very interesting. The camel riding is tricky, even just getting on the camel, which you do when the camel is seated. You have to be perfectly centered to balance—not easy to do. The camel rises with its front legs first, abruptly pushing you backward. When you get off, the opposite happens: he rapidly drops onto his front knees, and you nearly fall over his head. The camping unfortunately was a bust because it was not a real Berber tent, or even a real tent. I had previously camped in a real Berber tent, so this was a disappointment.

As for sandboarding, I stood by and watched as numerous young people got on what looked like a skateboard and slid down a very long and steep sand dune. Some stood, some sat. I finally got the nerve to try it, and the kids were really cheering me on. The problem was walking back up the dune. Several young gentlemen ran down to help me back up the slope.

Two unique restaurants were remarkable. One had tables surrounding a sunken pool and walls lined with 40-foot-tall jungle vegetation. The meal started with bite size pieces of 12 salads and 12 appetizers (e.g., a large shrimp, a piece of lamb). Then you had a choice of the main course and desert. The other restaurant also had a wonderful dinner but added entertainment—musicians and dancers. Of course, the typical belly dancers were there, but another group of dancers carried candelabra with lit candles on their heads. Overall, two fantastic evenings.



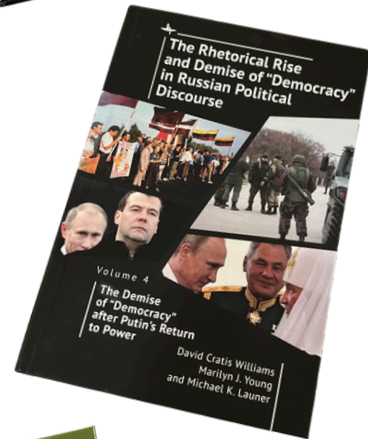
FSU Library - Author's Day



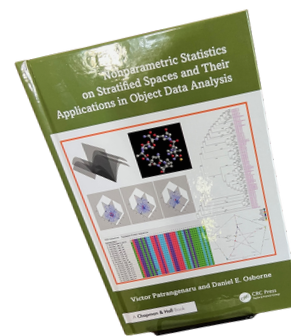
On April 9, 2026, FSU Libraries and the Office of Faculty Development and Advancement hosted the annual FSU Author's Day reception in Beth Moore Lounge. This program annually honors faculty and staff who have recently published their research.



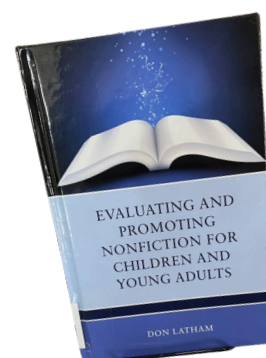
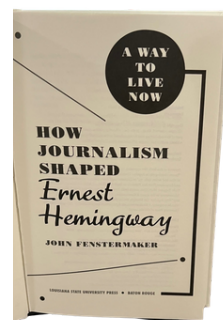
Dr. Carrie Zebrowsky Cooper, Dean & University Librarian, hosted the event. She introduced Provost James Clark, who spoke about the importance of the university's academic mission and about the role played in society by professors and others who contribute to the world through their research and publishing in all disciplines.



More than one hundred books were on display, many of them written by retired FSU faculty in collaboration with their colleagues at other institutions. Among those represented were:



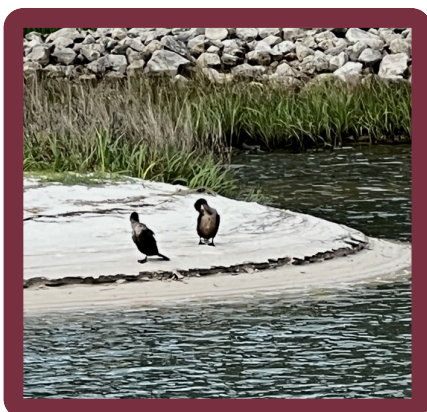
- Eugene Crook (with Margaret Jennings)
- John Fenstermaker
- Lawrence Hazelrigg (with Brenda L. Hughes)
- Don Latham
- Victor Patrangenaru (with Daniel E. Osborne)
- Marilyn Young (with David Cratis Williams and Michael Launer)



ARFS Campus Tours

Visit to the FSU Coastal & Marine Laboratory

In April 2026, 18 ARFS members and friends car-pooled to the Florida State University Coastal and Marine Laboratory on Highway 98 on the Gulf (10 miles past the Ochlocknee River bridge). Lab Director Joel Trexler welcomed everyone and explained the layout and mission of the facility. One section of the Lab is a hatchery where “seeds” of oysters, scallops, and shrimp are coddled until they can manage on their own. Dr. Sandra Brooke, an FSU research faculty member, explained the history of oysters, scallops and shrimp in the area including how the Lab is helping them increase and thrive. She noted, for example, that oyster seeds (tiny oyster babies) attach to limestone in order to survive and grow on their own. Since Kentucky limestone is harder than Florida limestone, the Lab imports the Kentucky version for the area under study. We were allowed only to peek into the rooms where the seeds are nourished because entering could lead to contamination. Research technician Daid DuBose showed us and discussed samples of the “excrement” of oysters, scallops, and fish that the Lab uses to study the make-up and impact of the Gulf environment on their health. When the visit ended, the crowd dispersed only to reconstitute at Posey’s Restaurant in Panacea for a fried seafood lunch.





ARFS Campus Tours

Visit to the FSU Coastal & Marine Laboratory





Learning to Run at Age 76 - Neil Charness

In 2025 I was asked to photograph events at the Tallahassee Senior Games: two pickleball and the Shamrock Scurry, a 5K race. At the 5K, I met with the seven seniors who had registered for both the Senior Games and the 5K. I noticed that the 75–79 age category included there were no men—I could have walked the course and medaled! But that would have been undignified, so I decided to train to run the 5K in the 2026 games.

I am not in the least athletically inclined. I was a nerd in high school before that word was coined. I avoided gym from elementary school on.

I had two things working for me. I have walked for exercise for almost 30 years on a 2.25-mile route, so I had decent aerobic capacity at a 4.1 mph pace. Second, I knew a bit about the role of deliberate practice, particularly about goal setting, from 20 years of research on age and expertise. Working against me, as I found out later, was asthma, diagnosed when I moved to Tallahassee in 1994, though so infrequent that years ago I dropped all medication except for a rescue inhaler.

I started walk-running in March–April 2025, lengthening the running, but stopped in May's heat and humidity. I initially ran every second day because running daily hurt my knees and then eventually switched to running every third day when my knees complained again. On other days I walked a 2.5-mile course. I resumed running in September and finally reached 3 miles by the end of the month, doing 3.1 miles in about 38–40 minutes.

When I started running, I had asked Google/Gemini what a good running time was for a 76-year-old male: 45–35 minutes came back. So, I reset my goal to 35 minutes. I got there by November 25. At the last minute, I registered for the Turkey Trot 5K on Thanksgiving Day. It is an easier course than the route I was already running, and I had my best time ever: 33:48, good for fourth place in my age group (M 75–79).

In December I started training along the race route because it was a much more difficult, hilly course than that of the Turkey Trot. I finally broke 35 minutes consistently by the end of the month but failed to progress much, only breaking 34 minutes by the end of February. I had noticeable breathing difficulties, usually starting by the second mile: being short of breath and wheezing. My PCP referred me to an asthma specialist who confirmed active asthma and put me on an expensive inhaler (\$220/month). That made a real difference in breathing and on my final practice run March 4, I ran 32:18, my best time ever. On race day, March 7, I checked in at the senior table and found that I was the only runner in my age group (M 75–79) so was assured a gold medal. It was a relatively warm (67°F) and humid (90%) morning, so I wasn't hopeful of having a great run, but I surprised myself, finishing in 31:49.

<https://www.facebook.com/share/r/1DCbN287kX/>

When they read off the top three finishers in each category, I heard my name called for third. So, it was mission accomplished. I've now stopped running, one (won) and done, to preserve my knees, not to mention my wallet from expensive medication.





Charitable Activities - Student Support

Fellows Society

The Fellows Society was established by Dean Nancy Marcus in 2007 to create opportunities for interdisciplinary networking and learning among outstanding graduate students. Marcus, an oceanographer who died in 2018, served as Dean of the Graduate School for 12 years. Prior to that, she had been the Director of the FSU Coastal and Marine Laboratory. The mission of the society is to develop leadership skills, promote interdisciplinary research, and encourage community service among fellowship recipients. The Fellows Society does not provide direct funding to students, but generous grants from the Graduate School support research opportunities that would not otherwise be available to them. Contributions to the Fellows Society Fund may be made through the FSU Foundation Giving Page at Give.fsu.edu. The Fund number is F07506.

Sliger Award

The Bernard F. & Greta Sliger Presidential Scholarship Fund is an endowed fund that was established in 1989 in order to “provide financial support for outstanding and gifted students attending Florida State University.” Many individuals, including ARFS members and former president John Thrasher, have contributed to the endowment. Proceeds from the account support Presidential Scholars, enabling recipients to participate in activities beyond the classroom throughout their undergraduate years. Contributions may be made through the FSU Foundation Giving Page at Give.fsu.edu. The Fund number is F06722. An undergraduate speaker at a recent ARFS barbecue expressed thanks to the Sliger Fund for allowing him to attend a national meteorological conference, where he met the head of NOAA and several hurricane experts.

FSU

**ASSOCIATION OF RETIRED
FACULTY & STAFF**

OFFICE OF FACULTY DEVELOPMENT
& ADVANCEMENT



Charitable Activities - Student Support

Southern Scholarship Fund

The Southern Scholarship Fund helps needy students – particularly those from underrepresented backgrounds and those who have experienced homelessness or food insecurity – attend Florida State. ARFS members have supported this worthy cause for many years. Contributions may be made through the FSU Foundation Giving Page at [Give.fsu.edu](https://give.fsu.edu). The Fund number is F06147.



Supporting the University Libraries

At the most recent ARFS Board meeting, Anne Rowe – a member of the FSU Libraries Advancement Board – reported a conversation that she had had with the incoming Dean of Libraries, Dr. Carrie Zebrowsky Cooper. Dr. Cooper, an FSU alumna, previously served in a similar position at William & Mary College and had been on the Advancement Board here until her selection as the new Dean. She is excited to begin her tenure at the beginning of the new year.

As elsewhere around the country, the FSU libraries continually face funding challenges, particularly because the cost of scholarly journals has increased dramatically over the past several years.

ARFS members have always supported the libraries, and year's end is a good time to consider making an additional donation. The FSU Foundation maintains several accounts, including the following:

Library Development Fund F06478
Libraries Collections Excellence Fund F06986
Libraries Special Collections Fund F07711
FSU Libraries Textbook Fund F08272

Contributions may be made through the FSU Foundation Giving Page at Give.fsu.edu.

Other Local Charities

Other local organizations that always welcome volunteers include the following:

- Alzheimer's Project, Inc.
- Big Bend Habitat for Humanity
- Big Brothers Big Sisters of the Big Bend
 - FSU Pride Student Union
 - FSU Sustainable Campus
- LeMoyne Center for the Visual Arts
- Special Olympics in Leon County



ARFS MEMBERSHIP FORM ARFS DUES PURCHASE

ARFS Dues: \$35 per household/ \$25 per person

Name(s) _____

Address(es) _____

E-mail _____

Telephone(s) _____

TOTAL ENCLOSED \$ _____

Make check payable to “ARF” [not “ARFS”]. Send this form and your payment to:

Jeff Owens / 1161 Walden Road / Tallahassee, FL 32317