

Editor: Henny van Dijk

www.uthro.org

February, 2019

The Valentine Luncheon



Our Valentine Luncheon this year will be held on **Tue. Feb. 12 from 11:30—2:30** at Maggiano's Little Italy restaurant located on 2019 Post Oak Blvd. southbound between San Felipe and Westheimer. Great Italian food served in a private dining room and served family style (food delivered to the table in bowls and platters and passed around the table for everyone to serve themselves). The menu is a three course luncheon:

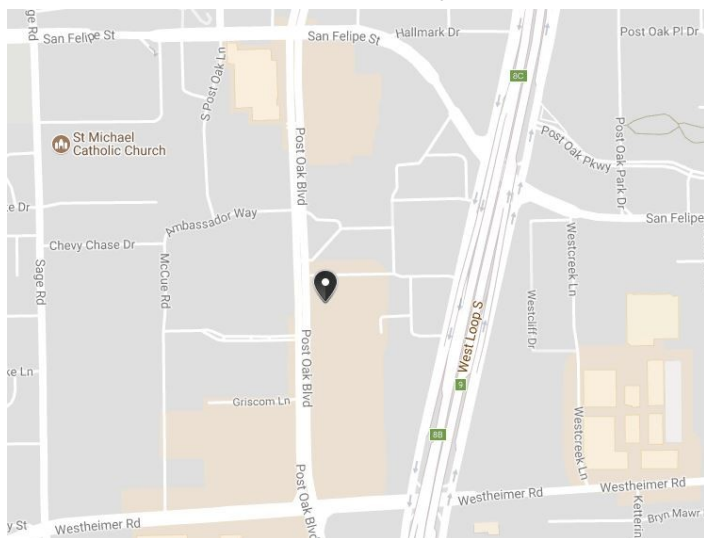
Appetizer - Mozzarella Marinara with a Caesar salad;
Pasta - Fettuccine Alfredo
Entree - Chicken Parmesan
Dessert - Vera's Lemon Cookies

Cost per person: \$25 (all incl.)

RSVP required by Monday, February 6th

RSVP to Barry Rittman at barryrittman@gmail.com or call at 713-542-8108

and send check payable to UTHRO to Margaret Zambrano, 20903 Imperial Ridge Lane, Spring, TX 77379 no later than February 6th.



Don't Forget To Bring Your Loose Change

First UTHRO Endowment Award

Thank you to UTHRO members for making this past year a great one for the UTHRO Endowment for Healthy Aging. Thanks to your contributions, the endowment has grown to \$59,465. That includes a total of \$10,858 in donations from our last appeal in October. WOW! And the exciting news is that interest has accrued to the point of being able to make our first award from the Endowment. In conjunction with the Consortium on Aging, requests for proposals for seed money will be sent out to UTHealth junior faculty members for projects involving basic research, education or clinical research in geriatrics. The proposals will be reviewed by the UTHRO Endowment Committee and narrowed down to three submissions. Then on Tuesday, March 26, UTHRO will host a Lunch and Learn from 11:00 to 2:00 in the Rio Grande Room at OCB for all members where the three finalists will present their proposals to the group. The members will then vote on the one person to receive a \$2,000 grant from the UTHRO Endowment. Any interested members are invited to attend this important step in our past three years' efforts. Since a light lunch will be served, we need to know the number of people attending. Please RSVP your attendance to Barry Rittman (barryrittman@gmail.com) by March 15. We would love to have a large turnout so that a good number of our members can make a decision on our first award, since this is a project of the membership. Hope to see you there!

Don't Forget Now You Hear! ...

The membership fee for 2019 is due Jan.1, 2019 so please take a minute to pay your dues by sending your check for \$15.00 (retiree or retiree/spouse) or \$7.00 (associate member) to our treasurer,

Margaret Zambrano,

20903 Imperial Ridge Ln., Spring, TX, 77379.

We are counting on your support so we can continue to bring you the newsletter, the educational events, and the trips to some of the more interesting places in Texas.

The renewal form can be found at our website

www.uthro.org

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UTHRO Does Europe



Seventeen UTHRO members, family and friends experienced the trip of a lifetime along the Danube River in Eastern Europe. Eight of us started our adventure in Budapest, Hungary. Vantage travel picked us up at the airport and transported us to our 5 star accommodations. The view from our luxury hotel rooms of the Danube River was breathtaking. Our Cruise Director, Renata, met us at the hotel with complimentary cocktails and a short talk about our upcoming adventure. We also got an opportunity to meet 86 other guests that would be traveling with us on the cruise up the Danube. We started each day with a gourmet buffet breakfast and we were off! Our 3 days in Budapest were packed with excitement. As part of our package we were treated to a guided tour of the city. Then we had 2 ½ days to tour, shop the Christmas markets, and delight in the



Photo by Lynn Medeiros



aroma, sounds, people and sites in Budapest. Three days in not enough time! Budapest is on my list for a return trip.

Unfortunately, Eastern Europe has experienced a severe drought over the summer and the water levels in the Danube are very low. Therefore, we were unable to board the Discovery II in Budapest. So we boarded a luxury bus with a Vantage travel guide for a bus ride to

Vienna, Austria where a lock system raises the water levels to allow the ship to continue. The bus ride was amazing in that we saw much of the beautiful countryside. One of things that struck me most was the number of large windmills, just like in west Texas, used to generate power.

Upon arrival in Vienna, we stepped off the bus and walked across a gangplank into unimaginable luxury that was to be our home for the next 7 nights. We were quickly shown to our private well-appointed cabins with a balcony window that opens onto the river. We were then greeted with a hot bowl of delicious soup and a wide assortment of

sandwiches while our luggage was being delivered to our rooms. Once unpacked 4 of us decided to trek through the snow to visit the beautiful St. Francis Church a couple of blocks away. Back in time for the Captain's cocktail welcome party, and our first night of 5-course gourmet meals with wine and beer included. Each night before dinner at a cocktail party, Renata would give us a complete run down of activities for the next day. After dinner we were invited to onboard lectures, musical entertainment, and even a movie! We learned how to make strudel and gingerbread. I believe that Lynn Medeiros has become our expert gingerbread maker. Maybe she will bring some to our UTHRO event!



Day 2 aboard Discovery II, we were off by bus once again for a ride to Bratislava, Slovakia. Our onboard city guide provided us with a history of Slovakia on the way. We were provided individual audio listening devices which we used throughout the trip, as we were given a guided walking tour of the historic city center where we saw the Bishop's Palace, Main Square and the National Theater.

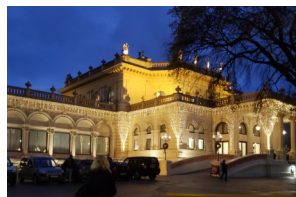
We finished with a musical recital of Christmas favorites performed by a husband and wife duo in a local cathedral. Then it was 2 days in Vienna! There are no words to describe Vienna. The architecture, the history, the music!



Vantage provided us with a bus tour of the "Ring Strasse" which encircles the historic city center and then a tour of the Liechtenstein Palace. The only regret is that pictures are not allowed inside the palace.

That afternoon four of us struck off on our own to experience the subway system and visit the Schoenbrunn Palace, the summer palace of the Hapsburg family which ruled Austria for centuries.

That evening many of our group attended an optional tour full of food, music, and wine tasting during a Viennese "Heurigen" dinner. On our second day in Vienna, we started our tour by taking in the rehearsal of majestic Lipizzaner horses. Then it was back to the boat for another wonderful lunch. After lunch we departed back to the old city to



the Kursalon Wien to hear the Salon Orchestra of Old Vienna performing Mozart, Brahms, Lully and Strauss. Performers also included two dancers and a soprano-tenor vocal duo. It was breathtaking!

The Discovery II left port in Vienna headed for Linz, Germany, an industrial city. During the evening we experienced the lock system on the Danube. It was fascinating to watch from the cabin balcony windows. Upon docking, we had the option of touring Linz or following the Sound of Music to Salzburg nestled in the Austrian Alps.

I opted for Salzburg where we were treated to a guided walking tour of the city and wonderful lunch! There was also plenty of free time to shop the Christmas market!



That night we all really appreciated the fabulous dinner and the thought of returning to our cabins with our sheets turned down, our comfy robes and chocolate

waiting for us!

We awoke the next morning to the baroque city of Passau, Germany favorably located at the confluence of the Inn, Ilz, and Danube rivers. Old Town Passau is a beguiling combination of Italian Baroque and Medieval architecture. We visited St. Stephen's Cathedral and the wonderful museum of glass which was 4 floors of Bohemian glassworks of art. That evening we were treated onboard to the Captain's Farewell Party!

Regensburg, Germany was our final port of call. Regensburg was largely spared by World War II bombing and is thus remarkably well preserved. The ancient Stone Bridge dates back to the Crusades. We stopped in at the oldest sausage house in Germany and brought home some of their sweet, spicy mustard. Of course we had to stop in at the Prinzess, Germany's first coffeehouse dating back to 1686 for the most decadent hot chocolate and pastries! The evening brought us back onboard for our farewell dinner and time to say goodbye to new friends. We expressed our heartfelt thanks to the onboard staff that pampered and catered to our every need. The evening ended with a parade of flaming Baked Alaska's!

The next morning we disembarked and said goodbye to those of our group headed home. Six of us traveled on to Prague, Czech Republic. Again with our Vantage tour guide we walked the streets of Prague to experience the "City of a Hundred Spires" and a UNESCO World Heritage



Site since 1992. We walked across the Charles Bridge crossing the Vltava River, visited Old Town Square to view the Astronomical Clock built in the 15th century, toured the Jewish Quarter dating back to the 13th Century and of course checked out the Lennon Wall covered in Beatles graffiti.

Too soon, it was time to go home. Our Danube Waltz was truly one of those lifetime events to be long remembered. Traveling with a large group of friends is the only way to go! I hope you will join us for our next UTHRO adventure.

Article by Barbara Kelly, pictures by Dee King

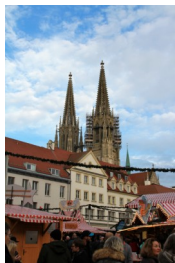
(others who sent me pictures were Barbara Kelly, Daun Gray and Lynn Medeiros but unfortunately there is only so much space in this newsletter and the scenery too incredible, so sorry to disappoint you)



Salzburg



Passau



Regensburg

In Memory of Herb Fred, MD



Photo Henny van Dijk

My former Med School colleague, UTHRO member and above all my friend Dr. Herb Fred, MD passed away on Dec. 30. Born on June 11, 1929 in Waco Herb graduated from Rice Institute, got his medical degree from Johns Hopkins and was Chief-Resident under Max Wintrobe, MD at Utah's School of Medicine, before he returned to Texas and Baylor in Houston. Herb was a passionate teacher, not an easy task master as

many of his interns can attest to, but all of them admired his thoroughness and became better doctors because of him. His former trainees organized the Herb Fred, MD Medical Society in 2002, an organization that meets twice a year at of all places the R-Room of Rice Stadium with a great view of the football field. He taught for more than 60 years and I was fortunate to cross his path when he became a client of my media group. We hit it off and became friends and colleagues. He probably saw more unusual cases in his lifetime than many physicians and the result was a book we co-authored "Memorable Cases - 55 years at the bedside". Herb earned many accolades but the two he was quite proud of were the Distinguished Teacher Award of the American College of Physicians (2004) as well as the title Master and the TIAA-CREF award in 2005. He showed me once a letter from President Reagan from 1988 complementing Herb on his many years of dedication and achievement in teaching. He wrote 6 books and a way too numerous to count number of publications. We created many presentations and publications together and every time I was astonished at the warmth and regard he received from his former students as they still sought his advice. Herb also had another side to him - long distance running and I mean loooooong distance running. He ran many 100 mile races, that's the equivalent of 4 marathons. His license plate proudly announced "I RUN C" He ran well into his seventies and when he quit running outside (because a car had rammed him while running down Fannin) he moved the treadmill inside and kept on going marking a remarkable 250,000 miles over his running career. Yoka and I consider ourselves very privileged to have known Herb and his wife Judy (also a UTHRO member) for almost 30 years and to call them friends. He honored me with a great speech at my retirement in 2005 - he could tell a joke like no other and his punch lines were memorable, just writing about him now, I miss him already - he was definitely "one of a kind" - Rest in Peace Herb UTHRO sends our deepest condolences to his wife Judy and their children and grandchildren.

Henny van Dijk

UTHRO

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Houston, TX 77054

To update your address or phone number
please contact us at **281-655-1983**

And now for something completely different ...

The Washington Post's Style Invitational asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition. Here are this year's winners:

1. **Bozone** (N.): *The substance surrounding stupid people that stops bright ideas from penetrating.*
2. **Foreploy** (V): *Any misrepresentation about yourself for the purpose of getting laid.*
3. **Cashtration** (N.): *The act of buying a house, which renders the subject financially impotent for an indefinite period.*
4. **Sarchasm** (N): *The gulf between the author of sarcastic wit and the person who doesn't get it.*
5. **Inoculatte** (V): *To take coffee intravenously when you are running late.*
6. **Osteopornosis** (N): *A degenerate disease. (This one got extra credit.)*
7. **Decafalon** (N.): *The grueling event of getting through the day consuming only things that are good for you.*
8. **Glibido** (V): *All talk and no action.*
9. **Arachnoleptic fit** (N.): *The frantic dance performed just after you've accidentally walked through a spider web.*
10. **Beelzebug** (N.): *Satan in the form of a mosquito that gets into your bedroom at three in the morning and cannot be cast out.*
11. And the pick of the literature: **Ignoramus** (N): *A person who's both stupid and an asshole*

UTHRO OFFICERS 2019

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