MARCH 2016

Lori Sturdevant and Tom Swain with stories to tell at March 22 luncheon meeting

The March luncheon speakers will be Lori Sturdevant and Tom Swain. Tom and Lori wrote a book together, *Citizen Swain*, which is about Tom’s life—as a kid growing up in Minneapolis, as a corporate executive and a University of Minnesota vice president, as an elected official, as staff to a governor, and as a volunteer extraordinaire.

Lori is a long-time editorial writer and columnist for the *Minneapolis-St. Paul Star Tribune*. Her columns about current legislative issues and issues facing the future of Minnesota appear on the Sunday Opinion page.

Lori has collaborated on many books, including *A Man’s Reach* by former Minnesota governor Elmer L. Andersen. She is the author of *Her Honor: Rosalie Wahl and the Minnesota Women’s Movement* and *The Pillsburys of Minnesota*.

*Citizen Swain* is another collaboration, and one that can help us, the public, better understand and respect community and public participation in shaping a better Minnesota.

At our luncheon Lori and Tom will engage in a “Q and A” presentation based on the stories Tom relates in *Citizen Swain*.

Tom’s life and career often brought him to the University of Minnesota, first as a student, then a football fan, and as an employee of the athletic department. After 23 years of work at The St. Paul Companies, he served as a vice president for three University of Minnesota presidents. He has been a champion of the University throughout his career, not only with financial donations, but also in the commitment of his time in mentoring students and U employees.

Tom Swain’s life has been one of government and community service, and Lori helps tell the story in a most entertaining way. They will delight our audience with laughter and with inspiration of what it means to be a citizen activist.

— Donna Peterson, President-elect and Program Committee member

Mark your calendars for UMRA’s spring luncheon meetings

April 26—Massoud Amin, professor and director of the University of Minnesota Technology Leadership Institute

May 24—Peter Moe, director of Operations and Research, University of Minnesota Landscape Arboretum

Trouble with parking on campus? See information and suggestions on page 5.

University of Minnesota

MARCH LUNCHEON MEETING

Tuesday, March 22, 2016

11:30 a.m. – 1:30 p.m.

Featured Speakers

Lori Sturdevant and Tom Swain, authors, a dialogue about their book, *Citizen Swain*

Location

Conference Room ABC, Campus Club, Fourth Floor, Coffman Memorial Union

Menu

Corned Beef with Guinness Mustard over Colcannon Potatoes

Coffee and Tea

For vegetarian or gluten-free options, please request when making your reservations.

Reservations ARE Required and space is limited

Deadline: Thursday, March 17

Prepayment of $16 per person; annual prepayers must also make reservations.

To reserve your place(s), send your check, payable to UMRA, to UMRA Reservations, c/o Judy Leahy Grimes, 1937 Palace Ave., St. Paul, MN 55105-1728

Or, contact her before the deadline at 651-698-4387; e-mail: Jleahy4654@aol.com.

Please honor the reservation deadline date; if cancellations are necessary, please call by March 17.

Parking

With UMRA’s discount coupon, all U ramps and the East River Road Garage are $6 for the day.
Retirement: The age of triage

Last September in a play on words I suggested that in the third quarter (autumn) of our lives, we are caught between life’s stages, not unlike the “tweeners” who are abandoning childhood and grasping for and testing out new adult identities.

In this tri-age of our lives we are abandoning many trappings of employment and testing new ways of living. We are between life in the fast lane and life in a slow lane. We are between paychecks and required minimum distributions. We are between adult children and grandchildren, the former still our biggest worry and the latter our greatest joy. We are between long-term colleagues and new relationships with friends, traveling companions, and associates. We are between calendars filled in by other people and calendars we are free to fill in ourselves.

This freedom scares many of us and delights others. “What can I do with that blank day on my calendar? How do I find something to do that makes me feel useful, needed, and fulfilled? Now that I have a choice, how do I want to spend my time?”

This last question is, I submit, the most important question that everyone needs to answer—at any age. It becomes more urgent when one has something less than 30 years to identify and pursue those things that one really likes to do. And it is, I think, one of the reasons we become so busy in retirement. We fill up that calendar with activities that bring us pleasure.

For some of us it is the same teaching, writing, or research activities that have always been a passion. For others it is alternative passions that have been sitting on the shelves of our minds for a long time. These alternative passions vary as widely as our imaginations, but some that come to mind are travel, photography, reading novels, writing a biography, taking music lessons, cooking from scratch, knitting, woodworking, or volunteering at local institutions and giving back to the community.

Quoting myself from the UMRA Newsletter, September 2015, “Triage is ‘a process in which things are ranked in terms of importance or priority.’ At this age we are busy re-ranking the priorities in our lives; we are triaging activities, possessions, locations, and even friends.”


One familiar act of triage is the pitching out or boxing up of papers, books, and other objects as we move out of our University offices. When I ask colleagues how their lives have changed since they retired, they almost always say, “Never been so busy” or “Don’t know when I had time to work.” But then they also say, “I sleep longer; I read the morning paper; I play with my grandchildren; I have more fun.”

I have noticed that, now, when I meet fellow retirees for lunch, no one runs off to a one o’clock meeting. There is time to savor the conversation or the second cup of coffee. Time to savor the moment is a privilege of retirement. Time, our most precious commodity, can be allocated to those activities that bring us the most satisfaction. It can be used to appreciate the sunrises and sunsets, to smell the proverbial roses, and to walk slowly on garden paths and sandy beaches.

At first we may walk or read more slowly by choice. Later, we may walk more slowly by necessity, as strange little aches and pains creep into our joints and our psyches. Aging happens!

Given the nerve and tenacity it takes to age gracefully, retirement could be classified as an *extreme sport*. It takes courage, patience, perseverance, acceptance, self-confidence, and some giant leaps of faith. It is rewarded with those delicious mindful moments where we celebrate our achievements.

— Jean Kinsey, UMRA President

jkinsey@umn.edu

A note about luncheon reservations

Please make your reservations early to ensure your place at the luncheon. Space is limited. While we would like to accommodate everyone who wants to attend, the capacity of Rooms ABC in the Campus Club is limited to 110 reservations. UMRA is growing, and some of our committees are working on solutions to the capacity issue, but we have no good resolutions yet.

UMRA Photo Club meets March 25

The UMRA Photo Club welcomes photographers of all abilities. This month we will meet on Friday, March 25, from 1 to 3 p.m. Besides sharing photos we will continue our discussions in preparation for the Photo Club workshop to be held in April following the regular UMRA lunch.

Contact Sheri Goldsmith, golds009@gmail.com, or Craig Swan, swan@umn.edu, for more information.
Nominating Committee invites participation

The Nominating Committee has begun to solicit names for officers and board members for 2016–17. Four board members will be put on the slate for election at the May meeting. The secretary and treasurer are elected each year and can be re-elected. Chip Peterson and Carl Adams were newly elected in 2015 and are eligible for re-election.

According to our ByLaws, in 2016–17 President Jean Kinsey will become the immediate past president, and the president-elect, Donna Peterson, will automatically become the president of UMRA.

Here are the job descriptions for the people we’re seeking.

**President-elect:** Plans the monthly meeting in consultation with the president, chairs the Program committee and is responsible for the selection of speakers for the monthly meetings in the calendar year following his/her election, presides over board meetings and monthly luncheons when the president is not able to attend, consults with the president as needed, serves on the University Retirees Volunteer Center Board of Directors, and helps to recruit new members to UMRA.

**Secretary:** Takes minutes of all meetings of the board, the Executive Committee, and the annual meeting of the membership in May, and distributes as appropriate. Updates “Operating Manual” each summer, and updates Bylaws as needed. Updates By-Laws as needed.

**Treasurer:** Collects income and makes deposits in bank accounts, keeps check book and pays all bills as authorized, prepares a monthly Treasurer’s Report and distributes it to the board, prepares a year-end financial report to present to the members in October, renews the certificate of incorporation, files proper IRS forms, and renews Board Liability Insurance annually.

**Board members** (seeking four, each for three-year terms)

The UMRA Board of Directors consists of 17 people: 12 Board members plus the four elected officers and the immediate past president. The function of the UMRA Board is to advance the purposes of the Association and to report regularly to the membership regarding its actions and activities. The board has the responsibility for the general conduct of the affairs of the Association.

Please feel free to contact any member of the Nominating Committee with suggestions you may have for these positions. Committee members are: Donna Peterson, dcp@usfamily.net; John Anderson, ander049@umn.edu; Earl Nolting, enolting@umn.edu; Julie Medbery, jmedbery@comcast.net; or Hal Miller, miller@umn.edu.

— Hal Miller, chair, Nominating Committee
Volunteer to be a judge for the Minnesota History Day student competition.

This is a University Retirees Volunteer Center Project

Sunday, May 1, is the day of final rounds for the annual History Day competitions, sponsored by the Minnesota Historical Society and the University of Minnesota’s Department of History.

Students from around the state will have competed in regional contests in which finalists are selected for the May 1 competition, which will take place on the University campus (Coffman Student Union). Students compete in two age divisions: Junior (grades 6 to 8) and Senior (grades 9 to 12), and in one of four categories: Documentaries, Exhibits, Performances, and Websites.

Judges receive a brief orientation and training preceding the competition rounds, and they may attend optional (and recommended) judge training on April 12, 6–7:30 p.m. at the Minnesota History Center (345 W. Kellogg Blvd., St. Paul).

At the competition judges view the projects, interview students, select winners in teams of two for each category, and provide feedback. Judges may choose their preferred category and age division. There are two competition rounds; the greatest need is for the First Round judging from 8 a.m. to 1 p.m. The leading students then advance to the Second Round from 1 to 5 p.m., for which experienced judges are preferred. Meals are provided for the judges. Not only historians, but all who are interested in history are invited to register for judging.

If this interests you, contact urvc@umn.edu for a registration link.

In addition to the finals on May 1, judges are needed for Regional contests and off-site judging in March. Off-site papers are mailed to judging pairs in mid-March to be reviewed and ranked by Tuesday, March 22. An on-line training link is provided.

Regional Competitions in the Twin Cities area:

Thursday, March 10: from 4 to 9 p.m. at Normandale Community College, Bloomington
Saturday, March 12: 8 a.m. to 1 p.m. at North H.S., Mpls.
Saturday, March 12: 8 a.m. to 2 p.m. at White Bear Lake H.S., South Campus
Saturday, March 19: 8 a.m. to 1 p.m. at Johnson H.S., St. Paul
Tuesday, March 22: 4 to 9 p.m. at Valley View Middle School, Edina

You may register to judge at more than one contest.

Journal of Opinions, Ideas, and Essays continues under new leadership

Several years ago Marty Dworkin created an online publishing venue titled the Journal of Opinions, Ideas, and Essays. (JOIE). The journal is intended to provide online publishing opportunities for faculty, P&A, and civil service colleagues, whether retired or still employed, from the Twin Cities and coordinate campuses.

Marty named an Editorial Committee to help advertise and manage this new program. Following Marty’s untimely death, the UMRA Board assumed sponsorship of the JOIE program and will continue to promote this new publishing venture. Additional information concerning the JOIE program and publications to date is available on the program’s website at: pubs.lib.umn.edu/joie. Please visit this website to see recent entries or to submit your own work.

From the Cares Committee Bookshelf—

Being Mortal: Medicine and what matters in the end

Being Mortal by Atul Gawande was listed as #12 on the best seller combined print and E-book list of Feb. 14 (New York Times Book Review) with a note that the book was listed for the 55th week on the combined nonfiction list.

The author is a practicing surgeon and contributor on medical issues to New Yorker magazine. He is a professor at Harvard Medical School, Harvard School of Public Health.

For those not familiar with health care for the elderly, the book is quite a revelation. The first half of the book deals with long-term care of the elderly and describes the physical, emotional, and mental ills that are often part of “being mortal.” He deals with a variety of problems and attempts at solutions that are being developed in some ground-breaking, long-term care programs.

The second half of the book deals with dying, the final dimension of “being mortal.” Gawande discusses the “heroic” attempts by patients, families, and their physicians to forestall death. Sometimes these work but often they do not—with unfortunate, if not painful, consequences for patients.

Gawande suggests a goal to consider regarding one’s death: “Our ultimate goal, after all, is not a good death, but a good life to the very end.”

The author offers words of deep wisdom, which the medical profession is only beginning to grasp. Gawande’s book will definitely assist the communication between physician, patient, and family in these moments.

— Earl Nolting, UMRA Cares Committee
Parking on campus can be a vexing issue! Why and how to minimize difficulties

Members have reported special parking challenges this year that have thwarted their attempts to attend the winter luncheons. The Membership Committee has done some research and offers this information.

First of all: A project of updating parking ramp lighting to LED lights resulted in a temporary decrease in the number of parking spaces. Quite a large number of spaces were blocked off to allow workers and equipment to reach light fixtures high above the floor. This project is now completed, so the total spaces should be back to normal.

Second: Several things have contributed to recent parking crunches. Inclement weather can cause increased demand for parking spaces because people are more likely to drive to campus and park as close to their destination as possible. Because we can’t control the weather, the best solution is to allow more time to locate a parking space, and if the last remaining spaces are far from your desired location, allow even more time for walking to your destination. Come early; browse the Book Store or enjoy the lounge.

Although many of our members are now finding that the Green Line light rail also works very well in getting to Coffman, there is a way to park on campus and stay dry and warm in spite of the weather...and that is the Gopher Way! Admittedly, the Gopher Way is probably not the most direct route to your destination and may require use of stairs and/or elevators to access different levels of some routes, but the signage should help you find your way. Once you have become accustomed to the route, it goes quite smoothly. For information about the Gopher Way, look at the Biking and Gopher Way map available at: https://www1.umn.edu/pts/maps/Library/pdf/BikeGoMpls.pdf

If you haven’t used the Gopher Way to get to Coffman, print out a copy of this map to carry with you when you first explore how to get from A to X! There are numerous parking ramps and lots that might be alternatives to the East River Road Garage next to Coffman Memorial Union. The following list shows the capacity of the ramps. The list is arranged approximately according to proximity and access to Coffman Union. Most surface lots are located farther away.

<table>
<thead>
<tr>
<th>Ramp or Garage</th>
<th>Spaces</th>
<th>Gopher Way</th>
</tr>
</thead>
<tbody>
<tr>
<td>East River Road Garage</td>
<td>1919</td>
<td>Yes</td>
</tr>
<tr>
<td>Weisman Art Museum</td>
<td>118</td>
<td>No</td>
</tr>
<tr>
<td>Washington Avenue</td>
<td>1297</td>
<td>Yes</td>
</tr>
<tr>
<td>Church Street/Northrop</td>
<td>237</td>
<td>No</td>
</tr>
<tr>
<td>University Avenue (McNamara)</td>
<td>530</td>
<td>Yes</td>
</tr>
<tr>
<td>Oak Street</td>
<td>2165</td>
<td>No</td>
</tr>
<tr>
<td>Fourth Street</td>
<td>1199</td>
<td>No</td>
</tr>
</tbody>
</table>

Avoid the Fairview Patient/Visitor Ramp on Delaware Street SE. Although this ramp is close to the Phillips-Wangensteen/Moos Tower complex and connected via the Gopher Way, this parking ramp is not part of the University of Minnesota and therefore will not accept the UMRA parking discount coupons.

— John Anderson, ander049@umn.edu

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at luncheon meetings, and help introduce them to other members.

Elizabeth C. Bedell, BBE, Civil Service  
1202 California Dr. #106, St. Paul, MN 55108  
651-487-4943; bbedell@umn.edu

Reed Carpenter and Sharon Wildfang, OIT, Civil Service  
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Cinda Kornblum, Dept. of Medicine, Civil Service  
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651-699-2968; ckwkorn@aol.com

Laura Muessig, Weisman Art Museum, Civil Service  
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Robert Sorenson and Marla Johnson, Genetics, Cell Biology and Development, Faculty  
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612-729-8509; soren001@umn.edu

Karen and James Storm, CEHD, CEED, P & A  
5909 Clinton Ave. S., Minneapolis, MN 55419-2536  
612-208-0920; stout010@umn.edu

“Food for Thought”  
Age doesn’t matter, unless you’re a cheese.  
— Billie Burke
Have you changed your address, e-mail, or phone?

1. Print new information below.
2. Cut out this form and address label.
3. Mail both to the address above.

Name _________________________
Address _________________________
City, State _________________________
Zip ________ Phone ____________
E-mail _________________________
Other Info _________________________

Website: https://umra.umn.edu
UMRA’s phone: 612-626-4403

In Remembrance
We report the passing of UMRA members as we learn of losses to our UMRA community. Since the Newsletter was published last month, we have received news of the following. Our condolences to the friends and families of:

Emil Pfender died January 28, 2016. He had been an UMRA member since 2000 when he retired from the Mechanical Engineering Faculty. His wife Maja Pfender continues as an UMRA member.


UMRA Cares Committee is here for support
For assistance and support in the event of the death or serious illness of an UMRA member or family member, please e-mail us at umracares@umn.edu or call 612-626-4403, and leave a message for UMRA Cares.

Also, if you learn of someone who is facing a difficult life challenge, please contact the UMRA Cares Committee.

The Board of Directors and members of UMRA thank the University of Minnesota Foundation for sponsoring UMRA’s March Newsletter and for providing the following information.

Tax Efficient Giving from your IRA
The now permanently extended IRA charitable rollover law allows individuals 70 1/2 or older to give up to $100,000 directly from their traditional or Roth IRA to qualified charities and avoid paying federal income tax on the withdrawal. Distributions made directly to charity under this law can be used to satisfy the individual’s required minimum distribution. Gifts to the University can be directed to any campus, college, or program.

Contact our University of Minnesota Foundation planned giving representative, Lynn Praska, at 612-624-4158 or lpraska@umn.edu, for information on making a gift to the University.

University of Minnesota Foundation