

NEWSLETTER

A Communication of the University of Minnesota Retirees Association

NOVEMBER 2018

Understanding the results of the midterm elections, with political analyst Kathryn Pearson

Our November luncheon speaker will be Kathryn Pearson, Ph.D., a University of Minnesota associate professor of political science and well-known political commentator.



She will analyze the results of the November 6 elections, including contests for the U.S. Congress, Minnesota's constitutional offices and state house, and other races across the nation. To accommodate a large turnout, the luncheon will be held in the spacious Campus Club West Wing dining room, making it easier to visit with friends and to appreciate Dr. Pearson's presentation.

In the wake of the 2016 elections, this year's midterms are expected to be competitive, particularly in Minnesota. We will vote on all our state constitutional officers and our two U.S. senators. Five of the eight U.S. congressional seats for Minnesota are considered close races and there is a special election for the state senate seat, formerly held by now Lt. Gov. Michelle Fischbach, that will determine which party leads the upper house of the Legislature. There are more campaign ads, more reports of "dark money" spent on Minnesota elections, and more campaign visits to Minnesota. More women are seeking elected office than ever before. Polls show that more people intend to vote. What will all this mean for the outcome? Stay tuned.

In 2016, UMRA was fortunate to receive Dr. Pearson's analysis of the presidential and Congressional elections. She is a distinguished scholar on the U.S. Congress, congressional elections, political parties, and women and politics, and a frequent commentator on elections and politics. She appears regularly in the national and Minnesota news and is known to many of us as a contributor to TPT's public affairs panel on "Almanac."

Pearson's research has appeared in *The Journal of Politics*, *Perspectives on Politics*, *Legislative Studies Quarterly*, *Political Research Quarterly*, *Politics & Gender*, and several book chapters and conference presentations. Her 2015 book, *Party Discipline in the House of Representatives*, is an extension of Pearson's dissertation that won the APSA Carl Albert Dissertation Award for best doctoral dissertation in legislative studies. Her next book, *Gendered Partisanship in the House of Representatives*, analyzes congresswomen's pursuit of power in a partisan era.

Kathryn Pearson joined the U of M faculty in 2004 and is a recipient of the Horace T. Morse—University of Minnesota Alumni Association Award for Outstanding Contributions to Undergraduate Education. She is a valued University citizen not only as an honored educator but also in her service to the University, her college, and department on search and curriculum committees. She received her doctorate from the University of California, Berkeley and her B.A. cum laude from Claremont McKenna. Please join me in welcoming Professor Kathryn Pearson back to UMRA.

—Kathleen O'Brien, UMRA Board of Directors

UNIVERSITY OF MINNESOTA

NOVEMBER MEETING
At A Glance

Tuesday, November 27, 2018

Location

West Wing Dining Room
Campus Club, Fourth Floor
Coffman Memorial Union

Luncheon + Forum

11:30-1:00 p.m.

Understanding the midterms

Featured speaker:
Kathryn Pearson

Living Well Workshop

1:30-2:30 p.m.

Change, loss, and resiliency

Facilitator: Ted Bowman

Menu

Cider-braised boneless, skinless chicken breast, with caramelized onions, Minnesota apples, and cider sauce. Served with roasted squash and Brussels sprouts.

For special dietary needs, please request when making your reservation.

RSVP by Tuesday, November 20

Prepayment of \$20 per person;
annual prepayers must make
reservations.

Reserve your place(s) and park-
ing and pay online, or send your
check payable to:

Judy Leahy Grimes
1937 Palace Ave.,
St. Paul MN 55105-1728
Or, contact Judy before the
deadline at jleahy4654@aol.com.

Parking

\$7 maximum in University ramps
with UMRA's discount coupon.

FROM THE PRESIDENT

UMRA's engagement signals the value of all University retirees

By the time you read this column, we will have met with Regent Abdul Omari, chair of the U's Presidential Search Committee. (A summary of the October 30 session will



be posted on UMRA's website.) This meeting is a direct outcome of our planning retreat last August in which a group, led by Bill Donohue, focused on ways for enhancing UMRA's presence in the broader University community.

In conjunction with this effort, several UMRA Board members have

drafted a "perspective" piece on the importance of the University and its president to the state and nation. This will likely be distributed to media outlets following our meeting with Regent Omari. While our views may not significantly shape the selection of the new president, our engagement in the process sends important signals regarding the value and potential of UMRA and all University of Minnesota retirees.

Neighborhood gatherings

We also have several other retreat-inspired ideas moving forward. To increase access to the content of our monthly programs, UMRA news editor Kris Mortensen has met with a number of technical experts to explore the creation of podcasts of our monthly speakers and workshops. This is a work in progress, but we hope to have more news to share in the coming months.

The Social Activities Committee is exploring the creation of pilot "neighborhood gatherings" of UMRA members. Organized by zip code, these gatherings could facilitate social interaction in addition to or in place of our monthly, large group gatherings, especially for members with mobility limitations. More to come!

Finally, we are hoping to move forward with an initiative that requires input from all UMRA members. We would like to hear from any of you who are aware of University departments or units who make a special effort to support and recognize their retirees. UMRA member Carl Adams has agreed to facilitate a work group to gather

this information and perhaps create a "best practices" program, both to recognize units doing outstanding work with retirees and to encourage more units to undertake such activities.

Please contact Carl at adams003@umn.edu if you have suggestions and/or are willing to help with this initiative.

Your thoughts and reactions to all of the above are important to us. Please let us know what you think.

—Jerry Rinehart, UMRA president, 2018–19

Come at 10:30 before luncheons

Thanks to the Campus Club, the fourth floor Bar and Lounge are available to UMRA members for coffee and conversation before our luncheons. There is no charge and no need to RSVP.

Thank you to the University of Minnesota Foundation for helping to sponsor our November newsletter.



Giving stock: A win for you—and the U!

Giving appreciated stock held more than a year can provide an immediate benefit to the U, and is usually more tax-efficient than giving cash.

For more information, contact us today:

PHONE 612-624-3333

EMAIL plgiving@umn.edu

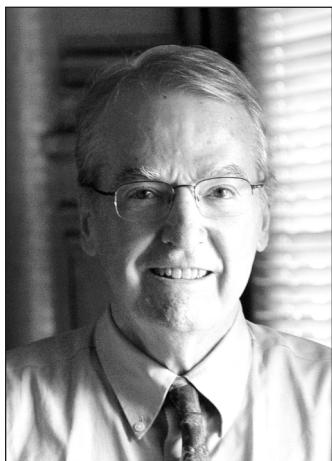
WEB give.umn.edu/waystogive



The U of M Foundation does not give tax or legal advice.
Please consult your professional advisor before making a gift.

November workshop: Change, loss, and resiliency

Maintaining resiliency and honest hope for self and others can be challenging. For our November workshop, family and grief educator Ted Bowman will share his extensive experience teaching about life transition decisions and coping with grief. Participants will explore disruptive changes related to aging and the grief that can accompany them. Emphasis will be placed on resiliency and how to hold onto hope in the midst of change.



For more than two decades, Bowman was an adjunct instructor in family education at the University of Minnesota. Since 2006, he has been an adjunct faculty member in social work at the University of St. Thomas, teaching a graduate course on grief and loss. Bowman is also an author and consultant who specializes in change and transition, whether it occurs in families, an organization, or the community.

From 1985 to 1996, Bowman was senior trainer for the Wilder Foundation. Earlier, he directed educational programs at family service agencies in Charlotte, North Carolina, and Minneapolis. In addition, he served as adjunct faculty at the National Center for Family Literacy in Louisville, Kentucky, at United Theological Seminary in New Brighton, and the School of New Learning at DePaul University in Chicago.

Bowman has published more than 90 articles, chapters, booklets, and poems. His two booklets, *Loss of Dreams: A Special Kind of Grief* and *Finding Hope When Dreams Have Shattered*, have been widely used in grief and bereavement settings. *Crossroads: Stories at the Intersections*, his book of poems and essays, was published in 2008. In 2010, Bowman and Elizabeth Johnson published *The Wind Blows, The Ice Breaks*, a collection of poems by Minnesota poets addressing themes of loss and renewal.

He is also a frequent trainer, consultant, and speaker in countries around the world. Bowman is married, the father and stepfather of four children, and a grandfather of five “grand” children.

Please join us in the Campus Club West Wing dining room after the UMRA luncheon on November 27 for this Living Well Workshop from 1:30 to 2:30 p.m.

—Ron Anderson, interim chair, UMRA Cares Committee

FY 2017 annual report: financial summary*

	9/1/17	8/31/18
BANK BALANCES		
Checking account	10,748	2,568
Savings account	<u>16,971</u>	<u>16,971</u>
Total	\$27,719	\$19,539
INCOME		
Dues and prepaid luncheons	5,236	
Luncheons	15,059	
Contributions (newsletters)	2,500	
Other	550	
Adjustment	<u>100</u>	
Total income		\$23,535
EXPENSES		
Luncheons (food, service, taxes)	16,217	
Socials (room, beverage)	1,214	
Newsletter (editing, printing, mailing)	6,622	
Associations (membership, conferences)	3,312	
Administration	574	
Membership (brochures, copying)	1,082	
Memorials	693	
Special honoraria	<u>1,207</u>	
Total expenses		\$31,715

* Deferred deposits of approximately \$15,000 recently deposited to FY 2018–19.

Questions regarding this report may be directed to Treasurer Carl Adams at adams003@umn.edu.

Parking reservations available

When making your reservation for the October luncheon and program, add a reservation for parking to ensure your parking space in the East River Road Ramp. Inform the attendant (on duty between 10 a.m. and noon) when you arrive that you have a reservation. Pay as usual when exiting, using your UMRA discount parking coupon.

HELLO, my name is Will Craig

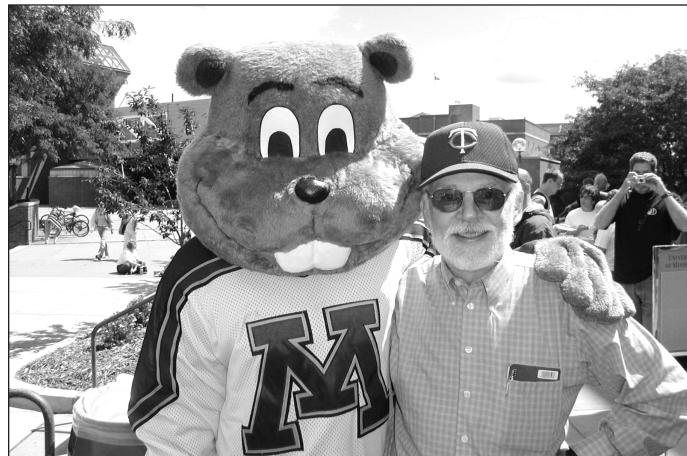
Hometown: Minneapolis, 1942. I've been here a while. My great-grandmother graduated from Minneapolis High School in 1877.

When did you become a member of UMRA? In 2014, the year I retired.

What was your very first job? Delivering prescriptions for the Lynnurst Drug Store in south Minneapolis. From there I graduated to soda jerk.

What was your occupation when you retired from FT work? I was associate director of CURA, the Center for Urban and Regional Affairs.

Where were you in 1968? I was working on campus, directing the West Bank Computer Center. It was an amalgamation of social science (IBM) and business school (Univac) computers operating in the basement of Blegen Hall.



Goldy and Will Craig on the East Bank campus

If you could learn a new skill, what would you like it to be? I would like to ride one of those new motorized scooters.

Do you have a favorite place on the U of M campus? The Mall. I've visited other campuses across the country. None other has such a rich mix of architecture, green space, and vibrancy.

What is a fun fact about you we might not know? I spent most of my first two years on campus living in the old University YMCA building at 1425 University. I covered my expenses by working in the cafeteria.

What is something you currently enjoy doing with your time? I'm still doing research on Minnesota issues. CURA has given me a desk, a computer, an outlet, and the opportunity to interact with younger colleagues. I always enjoyed my work at the U and I'm thankful I can still do the part I liked best.

Welcome new members to UMRA

Please give a hearty welcome to 20 new members who have joined UMRA since mid-September. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- Tom Bagne, husband of Cathy Bagne, Medical School, Department of Pediatrics, research study coordinator
- Bashar Bakdash, School of Dentistry, Department of Developmental and Surgical Sciences, faculty
- Linda Bjornberg, University Services Human Resources, P&A
- Ann Bohl, Boynton Health, civil service
- Marlene Dohm, University of Minnesota Hospitals and Clinics, adjunct faculty
- Thomas E. Dohm, University Finance, Institutional Analysis, P&A
- Maura Donovan, Office of the Vice President for Research, P&A
- Earl W. Dunham, College of Pharmacy, Department of Medicinal Chemistry, faculty
- Dharma Kodali, College of Food, Agricultural and Natural Resource Sciences (CFANS), Bioproducts and Biosystems Engineering, faculty
- Richard Leppert, College of Liberal Arts (CLA), Department of Cultural Studies & Comparative Literature, faculty
- Connie Osterbaan, CLA, Department of Sociology, faculty
- Bonnie J. Rae, CFANS, Department of Animal Science, AFSCME
- Peter Rejto, College of Science and Engineering, Department of Mathematics, faculty
- Cynthia Scott, University Relations, Alumni Association, P&A
- Kristine Wright, Office of Student Finance, Undergraduate Education, P&A

For contact information, please visit umra.umn.edu > Contact Us > Member Search (login required)

2019 PDGR grants—time to apply!

Professional Development Grants for Retirees are available for all faculty, professional and administrative, and civil service retirees from all campuses of the University who will be fully retired by July 1, 2019. The application deadline is December 14.

Grants may provide up to \$5,000. Expenses may include travel and per diem costs related to research trips and conference attendance, stipends for undergraduate and/or graduate research assistants, photocopying, the purchase of books, computer hardware, software, and other relevant costs of scholarship.

Visit umra.umn.edu > Serving U > Grants for Retirees for application instructions and a listing of previous awards.

The variety of projects that have been funded since the PDGR program was launched 10 years ago is impressive. It shows the value this program has played in helping retirees from all parts of the University to remain actively engaged in their professional interests.

For example, a retired librarian did a book-length study of the life and career of architect Emmanuel Louis Masqueray, who designed the Cathedral of St. Paul and the Basilica of Saint Mary in Minneapolis. And a retired Duluth faculty member analyzed pollutants held in the rings of old-growth northern hardwoods to enable a deeper understanding of the long-term trends in these forests.

The PDGR program is funded by the University and by generous gifts from individuals, including many UMRA members. We welcome your support! Contact Lynn Praska (lpraska@umn.edu or 612-624-4158) at the University of Minnesota Foundation to learn about options for supporting this valuable program.

—Dick Poppele, chair, PDGR Committee

Give to the Max Day

Give to the Max Day is an annual, online-only fundraising effort to raise philanthropic support for nonprofits and schools throughout the state, including the University. Last year, the U received more than 3,300 gifts and raised a record-setting \$1.4 million on the big day.

There are no fees charged on gifts made directly to the U during the one-day giving event, to be held November 15 this year. To make a gift in support of the PDGR program, go to givingday.umn.edu > Give now > Find a cause, then search for “retirees” and choose Professional Development Grants for Retirees.



Some of the previous PDGR grant recipients gathered for a group picture following UMRA's October luncheon. Pictured, from left: Alan Lathrop, Calvin Kendall, Cathy Lee Gierke, Kim Munholland, Joanne Eicher, Jonathan Ravdin, Gloria Williams, and Jerry Rinehart. Drs. Eicher and Ravdin were the featured speakers for the luncheon forum.

1666 Coffman condominiums for sale

119 Lamberton. 1,460 square feet, \$298,000. First floor, two bedroom, two bath, and den. Allows one dog. Contact Steve Townley at 651-644-3557.

234 Excelsior. 1,640 square feet, \$350,000. Two bedroom, three bath, three covered balconies, courtyard views. Contact Steve Townley.

322 Morris. 1,088 square feet, \$199,500. Two bedroom, two bath. Contact Shawn Mackay at 651-584-8334 or Shawnmackay@Edinarealty.com.

1666 Coffman is a 55-plus community for people currently or formerly employed at the University who are actively working or actively retired. To learn more, contact Eve Brown, chair, 1666 Coffman Promotions, at evebrown@comcast.net.

Food for thought

“Do what is meaningful for you and others,
and joy will follow”

—Mary Ann Konarzewski, author, *Creating a Rich and Meaningful Life in Long-Term Care*

In Remembrance

We report the passing of UMRA members as we learn of these losses to our community. Our condolences to their families and friends.

Richard Skok died September 30, 2018. Professor Skok earned his bachelor's, master's, and doctoral degrees in forestry from the University of Minnesota. He served in the Army Corps of Engineers from 1950 to 1952 and joined the University of Minnesota as a researcher in 1953. He then taught at the University of Montana (1958–59) before returning to Minnesota in 1959 and becoming a professor in 1965. His area of expertise was forest economics and policy. Richard Skok was named dean of the College of Forestry in 1974, and when the college name changed in 1988 he became dean of the College of Natural Resources, where he served until his retirement in 1992. The college grew in size and reputation under his leadership and the University's primary natural resources building is named Skok Hall in his honor. His wife of 64 years, Pauline, was a member of the University of Minnesota Women's Club and preceded Richard in death in 2016.

—Kathleen O'Brien, UMRA Cares Committee

UMRA Cares supports members

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.



Keith Dunder and Ben Bornstein were among the new UMRA members who gathered for a welcome reception in the Campus Club lounge before the October luncheon.

Firsthand—experiences with aging

By Earl Nolting

Shingles, as you may know, is a malady of aging, rarely fatal but very painful for weeks on end. Also, it can reoccur. All those who have had childhood chicken pox carry the dormant virus that can be reactivated, at age 50 and beyond, by mechanisms not well understood. Shingles can occur anywhere on the body, head to foot, and when on one's face can cause vision loss. Almost one out of three people in the U.S. will develop shingles in their lifetime, according to the Centers for Disease Control and Prevention.

There are two vaccines that can prevent shingles. I knew that but put off taking action, though advised by my doc to do so.

My personal trip into shingles-land started with a red rash that did not hurt but was spreading. I decided to see my doc for medication and learned that my "rash" was actually shingles. Over the next days the rash spread, became quite painful, and super sensitive to anything that touched it. More trouble: chills, fatigue, and expected duration of 2–4 weeks (likely longer if complicated by cancer treatment or a weakened immune system.) The medication prescribed helped a lot but was accompanied by side effects to deal with.

A final word: The more you know, the better, in my humble opinion.

If you had childhood chicken pox or do not remember, GO SOON to your primary care doc and get vaccinated. For further study, I found a very helpful article in the January 2016 *Mayo Clinic Health Letter*, healthletter.mayoclinic.com/issues/january-2016/shingles.

Editor's note: The newer, two-dose Shingrix vaccine is currently out of stock throughout the Twin Cities metro area. The CDC recommends Shingrix for all adults age 50 and older, even those who have had shingles or received the single-dose, Zostavax vaccine, in use since 2006. To monitor availability of the Shingrix vaccine, go to shingrix.com and click on the Vaccine Locator tab at the top of the home page. — Updated November 5, 2018

This is the first in a new, occasional series of articles. If you would like to share a firsthand experience related to health and aging, please submit a brief essay to Ron Anderson, interim chair, UMRA Cares Committee, at rea@umn.edu.

The ever-evolving tax code: what to expect

UMRA's Finance & Legal Interest Group invites you to an income tax management session to learn how the new tax code may impact your financial status. The session will be facilitated by U of M graduate Todd Koch, CPA, MBT, CFP, a partner at John A. Knutson & Co., where the session will be held. It is for education only; no commercial products or services will be offered or promoted.

Topics to be covered include:

- Changes in federal and state deductions and income
- Why is your withholding likely less than thought?
- Do you need to adjust your estimates?
- How does the new standard deduction impact you?
- What additional tax code changes may be coming?

The event is Wednesday, November 14, starting at 2 p.m. Location: 1755 Prior Avenue North, Falcon Heights, MN 55113 (off Larpenteur just north of the St. Paul campus).

You can also join via computer, tablet, or smartphone. For details, including how to participate remotely using GoToMeeting, please visit umra.umn.edu/content/financial-legal-issues-group. Questions? Contact Andy Whitman at awhitman@umn.edu or 612 747-6015.

Photo Club to meet November 13

Members of the Photo Club will discuss themes for future meetings (nighttime photography and focusing on multiple images are two examples) when they meet November 13, 12:30–2:30 p.m., at the St. Anthony Library. Newcomers are welcome! Come at 11:30 a.m. for lunch at the Great Dragon buffet across the parking lot from the library. Contact Sheri Goldsmith May golds009@gmail.com or Craig Swan swan@umn.edu for more information.

Book Club to discuss *The Nest*

The UMRA Book Club will meet at 2 p.m. on November 16 at 1666 Coffman. Kathryn Sedo will lead the discussion of *The Nest*, by Cynthia D'Aprix Sweeney. The members of the club will also select the books they will read and discuss in 2019. Look for the list in UMRA's January newsletter. Contact Pat Tollefson at p-toll@umn.edu for more information. For a review of last month's book, *I Heard the Owl Call My Name*, visit [> Events > Book Club](http://umra.umn.edu).

Two new volunteer opportunities

The University Retirees Volunteer Center (URVC) is seeking volunteers for a spatial localization study at the University and to staff the 2018–19 Lego Robotics Tournament, held at locations throughout the metro area.

Spatial localization is the ability to judge the direction of sounds and sights of objects in the environment. A major goal of the research is to investigate how impairments of vision and hearing impact this ability. Participants may have normal or impaired vision as well as normal or impaired hearing. The study takes approximately two hours. Testing will be done on weekdays between 8 a.m. and 4 p.m. in Elliott Hall through November 7 and from November 27 through January 15.

The Lego Robotics Tournament offers a very different opportunity. Judges, referees, and scoring coordinators are needed for the First Lego League (grades 4–9) and the First Tech Challenge (grades 7–12) events. Tournaments begin November 10 and continue through February 23. Onsite training will be provided for non-technical roles.

If either option appeals to you, contact URVC at urvc@umn.edu or call 612-625-8016.

—John Anderson, chair, URVC board



Sam Bonhus, grandson of photographer Sheri Goldsmith May, proudly displays his group's catch for the day. Since her retirement in 2009, Sheri and Sam have enjoyed an outdoor adventure together every summer. This year they canoeed to a rustic lake cabin near the Boundary Waters, with no water, electricity, or Wi-Fi. Assisted by a professional fishing guide, they were so successful they ate fish for dinner, lunch, and yes, breakfast.

University of Minnesota
McNamara Alumni Center
Room 264, Suite 250
200 Oak Street S.E.
Minneapolis, MN 55455-2002

First Class Mail
U.S. Postage
PAID
Twin Cities, MN.
Permit No. 90155

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 _____

UMRA's phone: 612-626-4403

Website: umra.umn.edu

Thank you to the University of Minnesota Bookstores for helping to sponsor UMRA's November newsletter.

Holiday Shopping
Minnesota Favorites
Member Savings

UNIVERSITY OF MINNESOTA
Bookstores
bookstores.umn.edu

A good time to join the Campus Club

The Campus Club fall membership drive is underway and if you join now you'll receive a 60 percent discount on first-year dues. UMRA members already receive a dues discount, but if you join before the end of December the cost is just \$88 for your first year. You'll also receive a free lunch certificate and a chance to spin the membership drive prize wheel and win some Campus Club gear.

Already a member? Anyone who recruits a new member will also receive a free lunch certificate and a chance to spin the prize wheel.

Member benefits include free meeting rooms and access to great programs and events, including Trivia nights, monthly Taco Tuesday dinners, pairing dinners, wine classes, and free yoga! The best part of the Campus Club is the people you'll see and meet there, old friends and new. There isn't a more welcoming place on campus.

Sign up online, at the club, or call Executive Director Ann Holt at 612-624-662.

—Judy Leahy Grimes, UMRA representative to the Campus Club Board of Directors