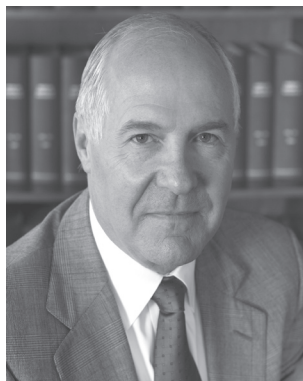


JANUARY 2013

## S. Charles Schulz headlines January program: leading-edge research in schizophrenia

The name of this month's speaker might be easy to remember if you are a fan of the creator of "Peanuts." But, our Charles Schulz, who will be speaking at our luncheon on Tuesday, January 22, is professor and head of the Department of Psychiatry here at the University of Minnesota. Dr. Schulz holds the Donald W. Hastings Endowed Chair, directs the Ambulatory Research Center, and serves as a principal member of the Clinical Neuroscience Center. He will be presenting



a summary of leading-edge research on early detection of schizophrenia.

According to his listing in Experts@Minnesota (experts.umn.edu), Professor Schulz has published

145 articles in peer-reviewed, scientific journals and has co-authored publications with researchers not only in psychiatry, but also members of the departments of Neuroscience, Radiology, Child Development, and Psychology.

In recent years, Dr. Schulz has investigated the following: brain imaging using MRI and CT scanning in adolescents with schizophrenia and bipolar illness; clinical trials with antipsychotic medications; borderline personality disorder (BPD); bipolar illness; the role of families; and the roles of zyprexa and seroquel.

His work is not just of interest to medicine and psychiatry, but it also addresses larger community issues regarding the role of drugs in the treatment of mental illness and the implications of brain imaging for the study of mental issues.

Dr. Schulz earned a B.A. in history from the University of Southern California and then crossed town to the UCLA Medical School where he received his M.D., as well as his psychiatric residency training.

Pursuing an interest in academic psychiatry, Dr. Schulz became a clinical associate at the National Institute of Mental Health (NIMH), where he worked in the Neuropsychopharmacology Section at the clinical center. In 1980, he joined the faculty of the Medical College of Virginia where he started a schizophrenia program. In 1983, he became medical director of the Schizophrenia Module at the University of Pittsburgh, where his research focused on treatment of refractory schizophrenia.

In 1986, he moved to the NIMH extramural program where he contributed to the National Plan on Schizophrenia Research. Along with Dr. Carol Tamminga, he started the biennial International Congress on Schizophrenia Research.

Before coming to his current position at the University of Minnesota, Dr. Schulz was professor and chairman of the Department of Psychiatry at the Case Western Reserve University School of Medicine from 1989-1999.

—Ron Anderson

UNIVERSITY OF MINNESOTA

JANUARY  
LUNCHEON MEETING

Tuesday, January 22, 2013  
11:30 a.m. – 1:30 p.m.

### Featured Speaker

**S. Charles Schulz, U of M  
Department of Psychiatry,  
"Leading-edge Research on Early  
Detection of Schizophrenia"**

### Location

Conference Room ABC,  
Campus Club, Fourth Floor,  
Coffman Memorial Union,  
East Bank Campus, U of M

### Menu

Grass-fed beef lasagna with Caesar salad. Vegetarian or gluten-free options – please request when making your reservations.

### Reservations Are Required

**Deadline: Thursday, Jan. 17**

Options: Prepayment of \$14 per person; \$16 at door for reservations not prepaid. Annual prepay-ers must also make reservations.

To reserve your place(s), prepay with a check payable to UMRA; send 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 Jan. 17.

### Parking

Parking is available in the East River Road Garage; with UMRA's discount coupon — \$6 for the day.

## FROM THE PRESIDENT

University retirees are like University alumni – some leave campus and are happy to never return, while others continue to come to campus for various purposes and enjoy being an ongoing part of a flawed but awesome institution. If you are reading this, you undoubtedly fall into the latter group. For you and others like you, we want to know what would be an ideal relationship between you and the University during your retirement. Please reflect upon this and share your thoughts and ideals with UMRA's new Retiree Center Committee.

This past summer, UMRA leaders began intense discussions on how to restructure the relationship between retirees and the University so that retirees get more from the University and the University gets more from retirees. Officially working on this mission is the “Re-Connecting Retirees and Planning for Retiree Center Committee,” which we call the “Retiree Center Committee” for short.

Serving on this committee are Gayle Graham Yates, chair; Bob Holt, John Adams, Ron Anderson, Dick Skaggs, Joanne Eicher, Craig Swan, Jan Hogan, and Victor Bloomfield. Their charge is to “work with central administration and others to create a climate and policies that lead to greater integration of retirees into the functioning of University communities.” The committee met last month and has scheduled a meeting with Provost Karen Hanson for next month. Committee members welcome suggestions and your own ideas for this project.

A parallel activity underway is that of re-thinking retiree engagement with both the University and the greater community. Victor Bloomfield, chair of the new Public Engagement Committee, and I met with Vice President of Public Engagement Andrew Furco to discuss how UMRA might be more involved in, and contribute to, such activities of the University. VP Furco was extremely receptive to our suggestions. He will be convening a working group to explore ways for retirees and alumni to plan activities like a lecture series, service awards, and other innovative programs in which retirees can play a major role.

Both of these initiatives have the potential to change the University and change retiree expectations about their relationship with the University. We can greatly improve the University's respect for and utilization of retirees. In so doing, we will also be improving the well-being of many retirees.

— Ron Anderson, President (rea@umn.edu)

## The joys of rising UMRA membership are tempered by the dilemma of growing pains

The number of retirees is growing much more rapidly than in the past, and this is likely to continue for the next 25+ years. Couple that fact with the increasing number of active UMRA members and the surge in programming and outreach they are launching, and we have a formula for strong growth. Numbers and strong programs are good things—the goals of every healthy organization. But growth brings change and change brings challenges.

So what does this mean for UMRA today? We are already attracting more people to UMRA luncheons than our current Campus Club space can easily accommodate. Yet larger rooms at McNamara Center, St. Paul's North Star Ballroom, the Humphrey Institute, or nearby hotels may likely cost us twice as much. How will we meet this challenge? It does not seem likely that we could ask members to pay \$30 per person—twice as much—to attend UMRA lunches.

In the short run, we could limit the numbers who can attend, but that is not a very satisfactory answer for a growing organization. In the long run, as membership and demand go up, we definitely need alternative venues to support our luncheons. Thus, we have a good “problem,” but one that demands we do some major, strategic thinking about how we serve our members while we grow. Your board of directors will be grateful for your ideas and assistance.

—Ron Anderson, President

## Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at the next luncheon meeting, and add them to your 2011-13 UMRA Directory.

Patsy Kahmann, Intercollegiate Athletics/Women's Basketball, Civil Service

3425 E. 50th St. #208, Minneapolis, MN 55417  
612-208-1250; 651-263-1896; kahmann@umn.edu

Joyce Kramer, UMD-Social Work, Faculty  
5523 London Rd., Duluth, MN 55804-2514  
218-525-1334; jkramer@d.umn.edu

Nora Plesofsky, Plant Biology, P&A  
2719 Humbolt Ave. S. Minneapolis, MN 55408-1076  
612-624-5375; norap@umn.edu

Stuart Sanders and Lynne Bell, KUOM am/fm / College of Continuing Education, Civil Service

555 Mount Curve Blvd., St. Paul, MN 55116-1167  
651-698-9555; 612-860-5005  
stUARTsanders@umn.edu mabell651@comcast.net

Joanne and Jim Hubal, Disability Services, P&A  
111 E. Franklin Ave., Minneapolis, MN 55404  
612-871-9727; 612-201-8499; jimjohub@aol.com

## Dr. Robert Fisch to lead “Living Well” workshop following the luncheon on January 22

This month’s “Living Well in Later Life” workshop will be led by Robert O. Fisch: “The Value of Life — finding joy, love, gratitude, humor, and meaning, despite suffering.”

Dr. Fisch is professor emeritus in pediatrics and an UMRA member. His book, *Fisch Stories: Reflections on Life, Liberty, and the Pursuit of Happiness*, is filled with intriguing stories, clever humor, and an articulate and powerful philosophy of life. In the opinion of many, it is “must reading” for retirees.

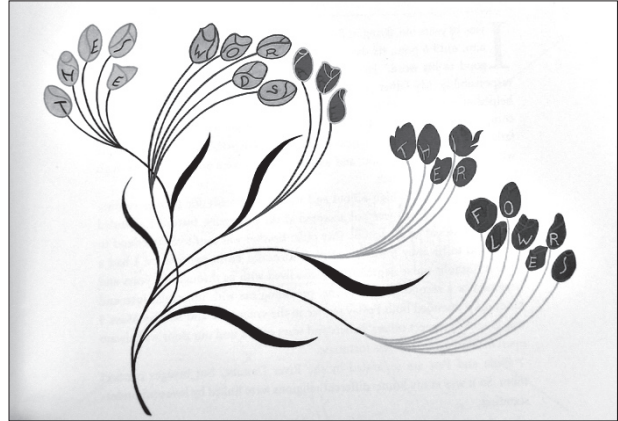


Born in 1925 in Hungary, he survived a Nazi concentration camp, where he had seen his father taken away to be killed. He went on to graduate from medical school, but joined the rebels in the Hungarian Revolution of 1956. In 1957, spurred by death threats, he immigrated to the United States. At the U of Minnesota, he became world renowned for his work in pediatrics, specifically with phenylketonuria.

Dr. Fisch will lead a discussion about the six values that guide his life: compassion, equal treatment, children, humor, suffering, and remaining humane even in inhumane circumstances. “We make every effort to avoid pain or even minimal discomfort,” Fisch says, “but how can we appreciate joy without knowing suffering? Suffering is a part of the learning experience. Suffering has made me appreciate everyday existence.”

Fisch is an artist as well as an author and doctor. His inspiring book *Light from the Yellow Star* is used in classrooms across the world. It was originally published in conjunction with an exhibition of his paintings at the Weisman Art Museum. Samples of his work with inspiring commentary can be found on his “Yellow Star” page on the U of M’s Center for Holocaust and Genocide Studies website. In 2011, the Minnesota History Center produced an exhibition, “The Value of One Life,” which was conceived by Dr. Fisch. Samples of his paintings will be available at the workshop.

**Format:** This workshop, like others in the Living Well in Later Life series, will be held from 1:30 to 2:30 p.m. after the UMRA luncheon. After a 30-minute presentation, we will break into small group discussions followed by time for Dr. Fisch to address questions and comments. There is no fee for this workshop; you need not to have attended the luncheon to attend the workshop.



“These Words are Their Flowers” by Robert O. Fisch

## UMRA prepares to host meetings of two national retiree organizations, August 2014

An innovative organization, UMRA counts many accomplishments over its 35-year history — among them, 1666 Coffman, URVC (volunteer center), and PDGR (grants for retirees). Compared to other North American colleges and universities, we have an exemplary retiree organization and campus. It is only fitting that UMRA and the University of Minnesota should host the meetings of the two largest associations of retiree organizations.

In August 2014 the Big Ten Association will hold their annual meeting at the Commons Hotel (formerly the Radisson Metro) on campus, and immediately following will be the biennial meeting of AROHE, the Association of Retiree Organizations in Higher Education. AROHE represents U.S. and Canadian campus retiree organizations with more than 100 members. In addition, AROHE now accepts individuals as members of the association. I predict that within 20 years, it will have many hundreds of individual retiree members, because to be more effective in our roles as retirees, we need support, and we need to learn what others have tried and found to be successful.

Our hosting of these two national associations gives visibility and recognition to both UMRA and the University. This is a unique opportunity for UMRA members to meet like-minded people from around the country and to learn from their experiences in organizing University retirees.

If you wish to serve on the arrangements committees for these two conferences, please contact me or John Anderson (ander049@umn.edu), who is chairing the committee for the Big Ten conference.

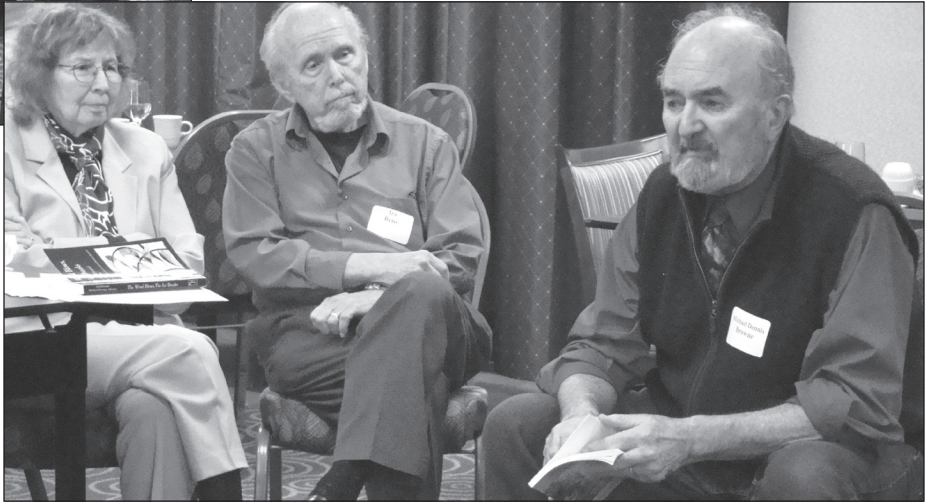
—Ron Anderson, UMRA President (rea@umn.edu)





Left: Michael Dennis Browne, Elizabeth Johnson, and Ted Bowman presented “Becoming through Poetry” for UMRA’s Living Well workshop in November. Browne reads a poem from the book *The Wind Blows, The Ice Breaks*, a collection of poems of loss and renewal by Minnesota Poets, edited by Johnson and Bowman.

Below: Harriet and Ira Reiss listen intently as M.D. Browne discusses how poetry opens the heart and entertains the mind. Participants in the workshop had the opportunity to see how they could interpret a poem to bring forth their own feelings and find their own personal messages.



## Retirement: the time for “Encore Careers” —

Meet **Michael Dennis Browne**, professor emeritus in English, who retired two years ago, and who has a new volume of poetry, *The Voices*, scheduled for publication this year. As many of you know, he ably led UMRA’s November “Living Well” workshop: “Becoming through Poetry.”

Born in England, Browne came to the U.S. in 1965. After spending time at Iowa, Columbia, and Bennington, he joined our U of M faculty in 1971, remaining until his retirement in 2010. He has thrice been recognized for Excellence in Teaching and was a Morse-Alumni Distinguished Teaching Professor.

In addition to teaching, he is famous for several volumes of poetry, two of which have won the Minnesota Book Award for Poetry: a picture book, *Give Her the River*, with paintings by Wendell Minor, and a book of essays on poetry, *What the Poem Wants*.

M. D. Browne’s increasingly favorite undertakings have been as a librettist, collaborating with several composers. At his retirement party a 48-member choir performed, “...giving people a little sense of the work I’ve done in music,” he said. His numerous awards include fellowships from the National Endowment for the Arts, as well as the Bush, the Jerome, and the McKnight foundations.

Since he “retired,” the post-holocaust oratorio, *To Be Certain of the Dawn*, which he wrote in collaboration with composer Stephan Paulus (nominated for a Pulitzer Prize in music) was recorded by the Minnesota Orchestra and was recently performed in Grand Rapids, Michigan, and in Madison, Wisconsin. His most recent collaboration with

Paulus, *The Shoemaker*, a church opera based on a story by Leo Tolstoy, premiered at Plymouth Congregational Church last September.

He recently traveled to Ireland with the assistance of an UMRA-U of M Professional Development Grant for Retirees. Promising that this coming summer’s travels will be more local, he will be leading two week-length workshops at the Iowa Summer Writing Festival in Iowa City and the Collegeville Institute at St. John’s University.

To keep abreast of Michael Dennis Browne’s ongoing work, check with his website: [michaeldennisbrowne.com](http://michaeldennisbrowne.com). His “upcoming events” section is the best way to follow his many productions.

— Professor Emeritus Ted Nagel, UMRA member

## In Remembrance

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

Chun-Jo Liu, Asian Language and Literature faculty and UMRA member since 2004, whose memorial service was October 12, 2012.

Robert K. Anderson, Public Health/Vet Medicine faculty and UMRA member since 2004, died October 18, 2012.

## Viewing the year ahead – for your calendars

**January 10**, 7 p.m. – Learning Life presents U of M president, Eric Kaler (see page 6).

**January 24**, 3:30 to 5 p.m. – Online Health Information Class for Older Adults and their families, Fairview Community Center, Roseville. For more information, see <http://www.vital-aging-network.org/calendar.html>

**February 26** at 11:30 a.m. – UMRA Luncheon presentation: Garrison Keillor, Prairie Home Companion

**February 26** at 1:30 p.m. – UMRA Living Well in Later Life workshop – speaker to be determined

**March 26** at 11:30 a.m. – UMRA Luncheon Presentation: Krista Tippett, author and creator of “On Being” for Minnesota Public Radio: “Meanings of Aging”

**March 26** at 11:30 a.m. – UMRA Living Well in Later Life

**March 29**, 9 a.m. to 4 p.m. – Living on Purpose: Creating a Life Map, a workshop by the Center for Spirituality and Healing (10 percent discount for UMRA members) see <http://www.csh.umn.edu/programs/>

**April 23** at 11:30 a.m. – UMRA Luncheon Presentation: Arthur Rolnick, former vice president of the Federal Reserve Bank of Minneapolis and now senior fellow, Humphrey Institute of Public Affairs: “The Economic Case for Public Investment in Early Childhood Education”

**April 23** at 1:30 p.m. – UMRA Living Well in Later Life

**May 28** at 11:30 a.m. – UMRA Annual Meeting and Gala Luncheon. Presentation: Paul Rosenblatt, professor emeritus, Family Social Science: “Two in a Bed and What Couples Know and Don’t Know about Each Other”

## Resolve to volunteer in the new year — ask the Volunteer Center for the perfect match

This is the time of year when we plan to save the world, or at least contribute to an advance in the social condition. At the University Retirees Volunteer Center we have a host of ideas for good works and self-satisfaction. In November we presented you with mentorship projects, something for which a University career certainly prepared us. We await your responses.

Along a related track, volunteers are needed for programs sponsored by “Success Beyond the Classroom.” By the time you receive this, two projects will be about to take place, The Future City Competition on January 19 at the Science Teaching and Student Services Building, on the U’s East Bank, and the Creativity Festival on January 15 and 16 at Ted Mann Concert Hall on the West Bank. You are invited to drop by and view the proceedings—and see if you might like to take an active role in the future. Let us know.

Perhaps you would like to assist with the “Knowledge Bowl,” a program for promoting and rewarding academic excellence. The middle grades Grand Finale Competitions take place February 7 (Edina), and February 12 (Blaine).

## Vital Aging Network presents the Evolve Course for Re-igniting Self and Community

Do you have a community project you would like to get off the ground, but aren’t sure where and how to start? This course, offered by the Vital Aging Network’s Evolve program, can help you evaluate how to more effectively lead the way to better community.

“Re-igniting Self and Community” is a leadership program for people 50+, which will help you focus your energies, strengthen your skills, and connect you with a network of people who share your interest in making a difference.

Classes meet in the Willow Room at the Roseville City Hall from 8:30 a.m. to 3:30 p.m. on eight days—every other Friday starting February 8 and ending May 17, 2013. The cost is \$750 and includes materials and lunch.

Scholarships are available.

“Evolve” is hosted by the Roseville Housing and Redevelopment Authority, sponsored by the Roseville Area Senior Program/Roseville Area Schools, and endorsed by the North Suburban Senior Council. You do not have to live in Roseville to greatly benefit from the course.

For more information or to register, please contact the program coordinator, Kathy Ramundt, at 612-221-5451 or [kathyfischer2010@hotmail.com](mailto:kathyfischer2010@hotmail.com).

The high school Round Robin Competitions II and III are January 29, February 5, 12, and 26, followed by the Sub-Regional on March 7 (Chaska), the Regional on March 19 (St. Thomas Academy), and the State Meet on April 11–12 in Brainerd.

The Young Authors Conference will be held March 14 and May 28–31 at Bethel University.

If any of these dates or locations interest you, please contact the volunteers at the URVC office for more details about the volunteer assignments. To learn more about these and other volunteer opportunities, e-mail [urvc@umn.edu](mailto:urvc@umn.edu) or call 612-625-8016. You can register anytime for activities that interest you, and a volunteer will call you with opportunities.

—Alan Kagan, U of M Retirees Volunteer Center

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See the newsletter online, delve into the archives,  
and stay current on news for retirees —  
Visit UMRA's new and ever-expanding  
website: [www.umn.edu/umra](http://www.umn.edu/umra)

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

Name \_\_\_\_\_  
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 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Other Info \_\_\_\_\_  
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**November speaker really delivers :-)**



Timing is everything! Those of us who attended the November luncheon meeting will remember that we waited breathlessly to see if our speaker would appear or if she would be in labor and on her way to the hospital.

We are happy to say that two days after her talk at the luncheon, Kathryn's baby did indeed make his debut. Proud parents Kathryn Pearson and Chad Reichwald ('95 U of M CLA grad) report that on November 29, baby boy Lincoln Pearson Reichwald was born at 11:48 p.m., weighing in at 6 pounds, 14 ounces; 19.4 inches long. Congratulations to the whole family!

The Board of Directors and members of UMRA wish to thank the College of Continuing Education for their generous support of the UMRA January Newsletter. Keep in touch with LearningLife offerings at [www.cce.edu](http://www.cce.edu).

learninglife

## headliners

**What's Next?  
 Envisioning the U's Future**

Featuring **U of M President Eric Kaler**  
 January 10, 2013 • 7 p.m., St. Paul campus

Join President Eric Kaler as he discusses what's next for the U—including his commitment to holding the lid on tuition while improving the U's operational efficiency. Tickets are \$15.

**More information:**  
[cce.umn.edu/january-headliners](http://cce.umn.edu/january-headliners) • 612-624-4000

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UNIVERSITY OF MINNESOTA

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