

UMRA UNewsletter

A Communication of the University of Minnesota Retirees Association

MARCH 2013

Krista Tippett will hold a “Conversation on Meaning in Life” at March 26 luncheon

Krista Tippett, best known as a Peabody-award-winning broadcaster and *New York Times* best-selling author, created and hosts the weekly public radio program, “On Being” (formerly “Speaking of Faith”). Her one-hour program is currently broadcast on



more than 200 public radio stations in the United States and globally via NPR’s website and podcast.

Typically, each week she interviews

one or more authors on a topic related to the meaning and potential of being human. The interviews are embellished with music or news clips, then transcribed and posted at www.OnBeing.org. This amazing resource of more than 500 inspirational episodes of provocative dialogue, inspiring photographs, and mind-boggling videos is freely available to all.

Krista Tippett describes her mission as: “taking up the great animating questions of human life: What does it mean to be human? And how do we want to live?” Krista and her guests “reach beyond the headlines to explore meaning, faith, and ethics amidst the political, economic, cultural, and technological shifts of 21st century life.”

Tippett grew up in Oklahoma, the granddaughter of a Southern Baptist preacher. She studied history at Brown University and went to Bonn, West Germany, in 1983 on a Fulbright Scholarship. She stayed on in East and West Germany for most of the 1980s, first writing for the *New York Times*, *Newsweek*, the *International Herald Tribune*, the BBC, and *Die Zeit*. When she returned to the USA, she completed a master’s of divinity at Yale University and then moved to Minnesota. Her books include *Einstein’s God - Conversations about Science and the Human Spirit* (2010); and *Speaking of Faith - Why Religion Matters, and How to Talk about It* (2007).

The format at this month’s luncheon will reverse Krista’s typical interviewer role to that of interviewee. Ron Anderson will begin by asking about her past spiritual journeys and then move to how she sees her future path. (See President’s Message on page 2.) Questions will be welcomed from the audience. If you know of her work and have a question to be included, please send it, before the luncheon, to President Ron Anderson at rea@umn.edu.

The dialogue will offer each of us the opportunity to discover how we can best live the remaining chapters of our lives. Many of us are still trying to optimally define the “encores” we seek to joyfully perform in the last decades of our lives, while remaining true to our core identities, with or without religion. Krista Tippett’s vast experience qualifies her to be our teacher for an hour as we think about ultimate concerns for others and ourselves.

UNIVERSITY OF MINNESOTA

MARCH
LUNCHEON MEETING

Tuesday, March 26, 2013
11:30 a.m. – 1:30 p.m.

Featured Speaker

Krista Tippett, award-winning broadcaster, creator of “On Being”
“Conversation: Meaning in Life”

Location

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

Menu

Fischer Farms Porchetta with Soft Polenta and Roasted Vegetables; for vegetarian or gluten-free options, please request when making your reservations.

Reservations ARE Required Deadline: Thursday, March 21

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 March 21.

Parking

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

UMRA NEWSLETTER

FROM THE PRESIDENT

Our day with Garrison

Retirement is a time for spiritual development. By spiritual, I do not necessarily mean religious, rather, tuning our minds to things that make life more meaningful—experiencing awe, feeling gratitude, learning to avoid negative emotions, caring for others, and reflecting on being more human. Religion may lead us in these directions, but it may also lead one away from these important values and human experiences.

Our February luncheon featured Garrison Keillor, and the March 26 luncheon features Krista Tippett, radio host of “On Being” on NPR every Sunday for the past 10 years. I knew when I asked Krista Tippett to talk, that she would address spirituality in its broad sense, but I did not expect it from the “Man with the Red Shoes.” Although it may have been indirect, Garrison Keillor talked about spirituality a lot in his luncheon talk.

In eight years of UMRA luncheons, I have not seen our members so riveted by a speaker. Never have UMRA members laughed so much in a single hour. Some members commented that they enjoyed him even more than when he hosts the “Prairie Home Companion” show because, with us, he didn’t talk about imaginary people and places. Garrison not only told funny stories, but he told us about himself and his growth as a spiritual person. And, making it even more relevant, he talked about himself as an older person.

Garrison Keillor told us about growing up as a quiet introvert and how he discovered his calling at the University of Minnesota. Here he learned that he loved to write, and then, as magazines started buying his pieces, he felt ecstatic and fulfilled. He said it was easy to get sucked into the heavy-drinking writing community of that era, but in recent years, he has discovered that that life interfered with serenity.

He credits his daughter for that discovery. He was 55 when his daughter was born, and he told about finding new meaning by sharing in her experiences as she grew.

Garrison said he looks forward to retiring, not just to relax but to spend more time writing and feeling friendship. Yes, it is *friendship* that he wants to experience in greater depth. What a marvelous goal for retirement.

As you might guess, Garrison’s speaking fees are well over \$50,000, but he came to speak to us for a mere \$14 lunch. Why? I think because he is a generous man who feels a debt to the University and his instructors, almost all of whom have passed on by now. He expressed admiration and respect for us. After speaking for more than an hour, he stood in the hallway for another 20 minutes and listened to his UMRA friends. He talked little about himself because he was so busy asking us questions in order to get to know us better.

Krista Tippett, our March speaker, has interviewed more than 500 people in issues related to spirituality, or as she calls it, “becoming more human.” If you have read her books, you know that, like Garrison, she is deeply reflective but writes with the prose of an intellectual. For her presentation on March 26, she has agreed to reverse roles and begin our conversation by answering my questions, followed by responding to any questions that you might bring to her. It will be our great privilege to learn about her views of spirituality and her approach to living well in later life as well.

My favorite book now is *Aging as a Spiritual Experience* by Lewis Richmond. In it he shows how later life can be the deepest and most joyful time in your life. I expect Krista Tippett, like Garrison Keillor, will give us ideas about how to make that a reality.

— Ron Anderson, UMRA President

Spaces for the March program will be limited to 120 members. Reserve early.

Once again, our luncheon speaker this month is popular, and dining space is likely to fill up quickly, so please send your reservations in early.

Campus Club ABC is limited to 100. As in February and November, up to 20 more diners will be accommodated in Rooms 410 and 411 and then will join the crowd in ABC for the program.

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.

Bill and Carolyn Easter, Applied Economics, Faculty
1954 Hythe St., Roseville, MN 55113
651-636-3523; 612-625-7728; kweaster@umn.edu

Dennis White, Mathematics, Faculty
5024 Park Ave., Minneapolis, MN 55417
612-825-2603; 612-624-5713; white@math.umn.edu

March workshop: Jan Hogan-Schiltgen will share how to help families in financial crises

Following the March luncheon program, Jan Hogan-Schiltgen will lead this month's "Living Well in Later Life" workshop on the topic of "Helping Families Cope with Financial Crises." She will talk about the "ups and downs" of family economics as normal cycles and propose some ways we can assist those in the down cycle move toward economic self-sufficiency.



Jan is an expert on family relations, and a major focus of her retirement is volunteer work in the community on family-related challenges. One of her recent accomplishments has been to establish a new homeless shelter in Washington County. She will talk about how to help organize community social

action projects. Participants are encouraged to talk about their own work with families or community service and to compare notes during this workshop.

Professor Hogan-Schiltgen retired in 2006 after 30 years of teaching in the Family Social Science Department at the University of Minnesota. Jan has consulted on numerous projects around the world in the areas of family studies, gender roles, and getting families out of poverty. She was also appointed to the USDA Advisory Board to represent consumer interests.

Her major research focus has been on families in poverty and paths out of poverty. She has published more than 100 articles, chapters, and edited books. Since retirement she has served on the boards of several social service agencies including Inter-Race, People, Inc., and Theresa Living Center.

Format: This workshop will be held from 1:30-2:30 p.m. after the March 26th UMRA luncheon, in the same room. Participants do not have to attend the luncheon. There is no charge for the workshop.

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

You can be an ambassador for UMRA

We need your help! At the January Board meeting, Virgil Larson reported that UMRA membership is still about even with last year. Now that UMRA is planning for retirees to become more relevant within the University, we are looking at ways to become even stronger and more visible. For this, it is important to increase our membership.

Ideally, recruiting new members should be done both individually and centrally. Because talking with people face to face is the most effective, the Board is requesting that you, our members, personally become ambassadors for UMRA. Invite new retirees from your own colleges and departments to join UMRA. **Reminder: You can invite prospective members to attend a luncheon (free) as UMRA's guests.** This reminder will be announced regularly in the newsletter.

You can also volunteer to help the Membership committee match potential retirees and UMRA members by working with our database and department lists. Or volunteer to host a social event for new and prospective retirees in your geographic area.

Centrally, we have had some success. This year Membership Committee Chair John Anderson sent letters to non-member grant recipients, inviting them to join. Eight of them did. Sometimes it is as simple as asking!

On the other hand, approaching this through general mailings can be difficult because, for some time, the Office of Human Resources (OHR) has allowed UMRA to contact new retirees only once. President-elect John Adams plans to meet with OHR Vice President Kathy Brown to discuss better ways to communicate with new and prospective retirees.

If you have other ideas about how to recruit effectively, please let John Anderson or UMRA officers know. Thank you for helping UMRA to grow and become a real presence here at the U.

—Ron Anderson, President

Book Club invites new members

The UMRA Book Club continues to meet on the third Friday of each month at 2 p.m. at the 1666 Coffman Residence building near the St. Paul campus. Upcoming books to be read and discussed are:

March: *The Round House* by Louise Erdrich

April: *Everything You Wanted to Know About Indians but Were Afraid to Ask* by Anton Treuer

May: *Home* by Toni Morrison

If you'd like to join in our discussions or want more information, contact Pat Tollefson at p-toll@umn.edu.

Professional Development Grants for Retirees program awards seven fifth-cycle grants

On February 8, 2013, a committee of retirees, appointed by Associate Vice President Frances Lawrenz, met to review the applications for the fifth cycle of Professional Development Grants for Retirees. The committee recommended seven of the eight applications for funding and, in the middle of February, Vice President Herman announced the awards. Of the winning proposals, one came from the Duluth Campus, College of Science and Engineering, and the others from the following Twin Cities campus units: CLA; Food, Agricultural and Natural Resource Sciences; CBS; and Design. Extended descriptions of winning PDGR grants are listed on the 2013 Awards Abstract page of the UMRA Development Grants web page: www.umn.edu/umra/grants13.php.

A significant feature added to the grants program two years ago was a link to the Undergraduate Research Opportunities Program (UROP). Three of this year's PDGR grants winners intend to recruit UROP students and have begun that process in consultation with the UROP office.

Grant Recipients, 2013-14

Frank R. Akehurst, emeritus professor of French, Department of French and Italian, CLA, U of M-Twin Cities: "To List the current locations of the manuscripts of the *Conseil à un ami* of Pierre de Fontaines (13 c)"

Ronald E. Anderson, emeritus professor of Sociology, Department of Sociology, CLA, U of M-Twin Cities: "Individual and World Suffering"

Anna Gerenday, scientist; Department of Entomology, College of Food, Agricultural and Natural Resources, U of M-Twin Cities: "Inventory of Mushrooms in Sphagnum Bogs of Minnesota"

Richard W. Ojakangas, emeritus professor of Geological Sciences, Department of Geological Sciences, College of Science and Engineering, U of M-Duluth: "Ancient (2.7-billion-year-old) Glaciation in Southern India: An Uncommon 'Mega-event' of Possible Value in Intracontinental and Intercontinental Correlations"

Nora Plesofsky, Ph.D., research associate, Department of Plant Biology, College of Biological Sciences, U of M-Twin Cities: "Fungal Resistance to Stress-Induced Cell Death"

In Remembrance

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

Henry Scholberg, U Libraries faculty, and UMRA member since 1990, died August 4, 2012; his wife, Phyllis Scholberg, continues as an UMRA member.

Gerald M. Siegel, emeritus professor of Speech, Language, and Hearing Sciences; Department of Speech, Language, and Hearing Sciences; CLA, U of M-Twin Cities: "Winning Isn't Everything: A collection of stories and essays"

Gloria M. Williams, associate professor emerita, and Barbara P. Heinemann, Honors Program coordinator emerita; Department of Design, Housing, and Apparel; College of Design; U of M-Twin Cities: "Through the Lens of a Scholar: An Intellectual Biography of Joanne Bubolz Eicher"

UMRA members are reminded that the U of M Foundation accepts for the PDGR program fund. For information contact Lynn Praska, Planned Giving Office, 612-624-4158 or lpraska@umn.edu.

URVC sponsors volunteers for mock trials at William Mitchell College of Law

One of the most popular volunteer projects promoted by the University Retirees Volunteer Center is that of mock trials, a program that gives law students experiences in prosecution and defense. How strange that there seems to be a reluctance among the public to serve on a jury. But many of our retirees look forward to the chance to participate on juries for mock trials.

William Mitchell College of Law will hold mock trials for their students in late April and mid-May. This volunteer assignment duration starts at 8 a.m. and ends at 2:30 p.m. A bagel breakfast is provided, as is lunch. Jurors' dress is casual. Location is 875 Summit Avenue, St. Paul. Parking is available in the college lot except for April 26 when street parking is necessary.

Your involvement and feedback become an important part of the legal education in training lawyers. Jurors deliberate in deciding the verdict and spend time with the judge and students to provide explanation and constructive criticism. The dates and trial circumstances are as follows:

- Friday, April 26: a tort personal injury case (car accident)
- Saturday, April 27: a tort personal injury case (car accident)
- Thursday, May 16: a tort personal injury case (car accident)
- Friday, May 17: a tort personal injury case (car accident)

Email your request to urvc@umn.edu or phone the office (612) 625-8016, if this interests you. A volunteer will register you with the coordinator at William Mitchell.

— Alan Kagan, U of M Retirees Volunteer Center

Lunch with Garrison



Garrison Keillor held his UMRA audience spellbound as he wove the story of "How I Wound Up Here" at the March 26 meeting.



"I have not seen our members so riveted by a speaker. Never have UMRA members laughed so much in a single hour." And even as the hour flew by, Keillor left everyone wanting more. For more impressions and expressions of the day, see the President's Message on page 2.



U President Kaler (right) and UMRA President Anderson ((left) chat about the University during lunch with Garrison Keillor.



Garrison talked with his many UMRA friends after the luncheon program.

Below: Toni McNaron and Garrison Keillor engaged in deep conversation.



U Retiree Health Plan enrollment numbers remain steady for another year

The new enrollment figures are now in for this year's U Retiree Health Plan. According to Employee Benefits, some 2,545 of us (1,804 retirees and 741 spouse/partners) signed up for, or continued, health and medical coverage during November's open enrollment, virtually the same as last year. Overall, Health Partners 65 Plus remains the most popular option, with 866 enrollees (34 percent of the enrollment), followed by Blue Cross /Blue Shield's U of M Retiree Plan with 805 enrollees at 31.6 percent. Medica's Group Prime Solution with 544 (21.4 percent) is down 1.1 percent, and UCare for Seniors enrolled 285 (down .3 percent). Health Partners National is at 45 or 1.8 percent of the enrollment, the same as last year.

—Ted Litman, UMRA Representative to the University of Minnesota Benefits Advisory Committee

Smile for the camera and join the Club



UMRA Photo Club members are a lively bunch, dedicated to understanding the technology of their digital cameras and enhancing their creativity through the art of photography. The group meets once a month, sometimes on the St. Paul campus, sometimes at a local photo-taking location. For information about the club, contact the chair, Vic Bloomfield: victor@umn.edu.

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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 _____

For your calendars – relevant programs

March 16 at 9:30 –11:30 a.m. – Vital Aging Network (VAN) Event: “Making Advance Care Planning Choices” at Woodbury Central Park amphitheater, 8595 Central Park Place, Woodbury, MN 55125 (651-690-1111)

March 26, 11:30 a.m. to 1 p.m., UMRA Luncheon, see page 1, followed by Living Well workshop at 1:30 p.m. (see page 3).

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 www.csh.umn.edu/programeventscaledar/

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 1:30–2:30 p.m. – Technology workshop on using University email services and specifically demonstrating gmail. —Reed Munson, instructor

May 17, 8:30 a.m.–3:30 p.m. – Evolve Course on Human Leadership (see article in UMRA’s February Newsletter)

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”

The Board of Directors and members of UMRA wish to thank the Center for Spirituality and Healing for sponsoring the UMRA March Newsletter. CSH offers discounts to UMRA members. See below for some of the CSH program offerings.

CENTER FOR SPIRITUALITY & HEALING 

PURPOSE PROJECT WORKSHOPS

Discovering our purpose in life means asking and answering the essential question, “What makes me want to get out of bed in the morning?” Why is our answer important? Because purpose dramatically affects health, healing and happiness!

Working on Purpose Workshop

Friday, March 22, 2013 with Randy Herman | 9:00 am – 4 pm

Living on Purpose Workshop

Friday, March 29, 2013 with Barry Rellaford | 9:00 am – 4 pm

Healing on Purpose Workshop

Monday, March 18 with Ruth Bachman | 12:30 - 3:30 pm

Visit tickets.umn.edu for more information or to register.

DID YOU KNOW? If you are over the age of 62 you are eligible to sign up for a University of Minnesota course for free.

Contact Carla Mantel for more information:
cmantel@umn.edu | 612-624-5166

csh.umn.edu