

MAY 2013

Special May luncheon program features topic for couples, families, with Paul Rosenblatt

With the intriguing subject, “Two in a Bed and What Couples Know and Don’t Know about Each Other,” Paul Rosenblatt, professor emeritus, Family Social Science, will address the UMRA annual meeting audience on May 28.



After 50 years of teaching and 12 books, Paul Rosenblatt is most loved for what he does for others, including his many graduate students. Even though

he retired from the Family Social Science department two years ago, he still goes into his office almost every weekday, where he writes, advises grad students, serves on grad student committees, collaborates with colleagues, and sometimes meets with faculty committees.

Writer for the *StarTribune* Gail Rosenblum said about Paul Rosenblatt: “Despite authoring academic tomes such as “Metaphors of Family Systems Theory” and the equally heady “Shared Obliviousness in Family Systems,” and despite his awards for research and teaching, Rosenblatt never lost sight of how ordinary folks live, what we care about in our boots-on-the-ground lives.”

Professor Rosenblatt earned his Ph.D. in psychology from Northwestern University. Most of his books have focused on couple and family systems as they relate to specific issues such as grief, racism, or family

farming. His research over the years has included many collaborations with students. In addition to numerous awards for his research and books, he was elected to membership in the University of Minnesota Academy of Distinguished Teachers because of his effectiveness as a teacher.

Rosenblatt has received an unusual number of awards from professional associations. Among his book awards is the Gustavus Myers Center for the Study of Human Rights award for his outstanding book: *Multiracial Couples: Black and White Voices*. His best known book: *Two in a Bed: The Social System of Couple Bed Sharing* was one of the top 10 University Press books of 2006. Although *Two in a Bed* is a scholarly book, its interview material on the challenges of bed sharing interests many people, and so to date he has been interviewed 180 times by media reporters.

Two in a Bed is based on interviews of more than 40 couples and explores what social interaction comes with sharing a bed. What happens when one partner snores? Steals the covers? Prefers to sleep at a temperature that the other partner finds stifling or freezing? These interviews revealed important information about sleep, relationships, intimacy, couple problem-solving, and American society.

Currently, he is reading page proofs for a new book with faculty colleague Elizabeth Wieling on knowing and not knowing in couple relationships. Based on intensive interviews, the book explores what people

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UNIVERSITY OF MINNESOTA

MAY FESTIVE LUNCHEON AND ANNUAL MEETING

Tuesday, May 28, 2013

Social time: 11:30 a.m.;

Luncheon: noon to 12:45 p.m.;

Business meeting: 12:45;

Speaker: 1:00–2:00 p.m.

Featured Speaker

Paul Rosenblatt, U professor emeritus, Family Social Science
“Two in a Bed and What Couples Know and Don’t Know about Each Other”

Location

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

Menu

See entree selections on page 3.

Please request your choice when making your reservations.

Reservations ARE Required

Deadline: Thursday, May 23

Cost: \$35 per person

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 May 23.

Ramp and garage parking with UMRA’s discount coupon — \$6.

FROM THE PRESIDENT

Improving our “Bridging Capital”

In April 2013, the UMRA Board voted to recommend two minor changes to the UMRA Bylaws for member approval at the annual business meeting right after lunch on May 28. You can read the proposed minor changes in bylaw wording in the article on page 3.

The board also discussed some issues that I would like to bring to your attention because they pertain to the long-range well-being of our association. UMRA is 35 years old, which is impressive, and we should celebrate 35 years of success. However, compared to 35 years ago, people are living a lot longer, and so their years in retirement, healthy or not, are also longer. In addition, we have reached the era when the Baby Boomers have begun to retire, and they will continue to add to retiree numbers for another 15 years.

For UMRA, the numbers present an opportunity to expand our active membership. But as our membership grows, we are being challenged on many fronts.

For one: We are outgrowing our luncheon meeting space, and that is imposing a choice between turning people away some months or paying more for other venues and accommodations.

For another: as we take on more initiatives and programs, we face an increasing need for leadership, yet we find it increasingly difficult to recruit volunteers to serve as officers of the organization. Right now we have 5 officers, 12 board members, about 7 representatives to (or liaisons to) other organizational units, and 25 additional committee members. This collection of about 50 persons, I call “UMRA Key Persons.” These 50 key persons are named as contacts in the document, “UMRA Operating Manual,” which also defines UMRA committees and responsibilities. You can get or read your own copy of this guide by going to www.umn.edu/umra/about.php and scrolling to the bottom of the page (right column).

A larger challenge to UMRA is the need for greater connectedness between the 50 active key people and the remaining 500 UMRA members. I look at structure with the eyes of a sociologist, who sees good “bonding capital” within the key people and pretty good “bonding capital” among the many smaller networks of friends in the membership as a whole, but the “bridging capital” between these two groups is not as strong as it could be. There could be many more close ties between the board and the membership at large.

To improve our “bridging capital,” what I propose for next year is that there be discussions on how to improve our communications both within UMRA and between UMRA and the University administration. To address the internal matter, I think it would help if we shortened the term of the board members, to promote more rapid turnover and bring more people in touch with leading UMRA in the future. What ideas do you have?

With regard to improving communications with the University, we have made good headway this year. To further improve our network position, I recommend we join forces with the U’s Alumni Association and have a forum series on “How to ensure that we leave the University a greater place.” We could get state legislators, Regents, U leaders and retirees to participate. Partnering with UAAA would mean sharing costs and a broader network.

It is comforting to know that UMRA will have outstanding leadership over the next two years.

On this, my last column as UMRA president, I wish to thank everyone who helped UMRA in any big or little way this past year. All of the many hundreds of hours I spent on UMRA are more than compensated by the many new and deeper friendships I now take with me.

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

See the UMRA newsletter online,
delve into the archives, see photos of past events,
connect to resources for retirement, and stay current
on news for retirees —
Visit UMRA’s new and ever-expanding
website: www.umn.edu/umra

Speaker Rosenblatt— Continued from page 1

know and do not know about a partner, what they want to know and don’t want to know, and in what ways they want to be known and what they would prefer to keep secret. In his presentation on May 28 at our annual, special lunch and membership meeting, Professor Rosenblatt will tell us about his insights from the new project and the *Two in a Bed* masterpiece. What a way for UMRA to end the year!

— Ron Anderson, UMRA President

UMRA's May business meeting includes annual election and minor bylaw changes

Two proposed minor amendments to the UMRA Bylaws were forwarded by the UMRA Board for vote at the annual membership. The proposed amendments are:

Article IV. (Treasurer Duties) "*The Treasurer should make a financial report to the members of the Association at the annual meeting*" [change at the annual meeting to "*in October.*"]
Rationale: The UMRA budget year ends June 30; thus a financial report can be much more complete in October rather than in May.

Article V. (Board of Directors) Change "*Elder Learning Institute*" to "*Osher Lifelong Learning Institute.*"

Rationale: It brings the Bylaws up to date with revised name of an external organization.

Election

During the business portion of the meeting on May 28, members will elect next year's UMRA leadership. The nominating committee presents the following for your approval.

Officers:

President-elect TBA
Secretary Julie Medbery (third one-year term)
Treasurer Richard Skaggs (fourth one-year term)

Board of Directors:

Joanne Eicher (second 3-year term)
Vern Eidman (second 3-year term)
Virgil Larson (second 3-year term)
Kathleen O'Brien (first 3-year term)

After election, or re-election, the above members will join in leading the organization with the following continuing officers and board members:

President, 2013-14 John Adams
Past president Ron Anderson

Board members continuing to serve terms: Victor Bloomfield, Jan Hogan, Vandora Linck, David Naumann, Paul Quie, Judd Sheridan, Craig Swan, Julia Wallace.

Discount coupons for UMRA members

Campus parking discount coupons are greatly appreciated by many UMRA members. Thanks to Parking and Transportation, coupons reduce all-day fees to \$6, with the exception of special events parking. Members can obtain coupons: (1) at any UMRA luncheon; (2) when you renew your membership in midsummer; (3) by sending a request and self-addressed stamped envelope to John Anderson, 1332 Como Blvd. E., St. Paul, MN 55117. Up to 21 coupons requires one Forever stamp; 22-42 require 66 cents.

Annual Meeting Festive Luncheon features social time with cash wine bar and your choice among three entrees

(Please be sure to indicate your menu selection when you send in your reservations.)

Social

Come early and mingle with friends and colleagues. Wine and refreshment cash bar opens at 11:30 a.m. with lunch served at noon. The business meeting and program will follow at approximately 12:45 p.m.

Menu

Entrees: Please select one from the following:

1. Mustard Crusted Chicken: Boneless, skinless chicken breast dipped in stone-ground mustard and panko breadcrumbs, then pan seared, and topped with spinach pesto. Served over parsley and chive mashed potatoes.
2. Balsamic Rosemary Chicken: Boneless, skinless chicken breast marinated with garlic and rosemary, pan seared, and finished with chicken demi-glace and balsamic reduction. Served over Campus Club pilaf.
3. Wild Mushroom Ravioli: Mushroom-filled pasta topped with roasted seasonal vegetables and served with parmesan cream sauce.

Finale: Assorted organic cookies, coffee and tea.

Please rush your reservations with your entrée selections and check for \$35 for each reservation to:
UMRA May Reservations, c/o Judy Leahy Grimes,
1937 Palace Ave., St. Paul, MN 55105-1728.

Deadline: May 23

See sidebar on page 1 for more information.

Use a credit card to renew your membership

Members who prefer to use credit cards, rather than paying membership dues by check, may do so at the upcoming annual meeting and May luncheon.

Virgil Larson, UMRA's membership data manager, tested this new technology with a trial run at the April meeting—and it worked! Your Visa, MasterCard, Discover, or American Express card can be swiped on an iPad, and your receipt will be delivered by e-mail or to your phone.

If this interests you, look for Virgil Larson at the check-in table before and after the May 28 meeting sessions.

Renewing at the May Luncheon will save us all time and money. The membership year ends on August 31; renewal letters will go out in June.

Calling all CLA retired faculty— Your academic skills are needed

UMRA and URVC have accomplished a major breakthrough! Since 2007, when the University Senate recommended “a system-wide process to invite all retiring employees to contribute their skills to the University,” only a few opportunities for service have been extended. Now, the College of Liberal Arts has taken a major step in acknowledging our value to the University and a means by which our competence as educators can be of continuing service.

Retired CLA faculty – by responding to this opportunity, you will not only be of service to CLA students, but your assistance in this major initiative will also promote a role for all retirees who wish to continue to serve the University with their academic skills.

This initial project, approved by the CLA Deans’ Council, involves evaluating transfer student scholarship applications, which this spring number 200. Each application must be examined by two assessors and the agreement is that one of these assessors will be a retiree.

The URVC seeks at least eight retiree assessors, each of whom will read 20 to 24 applications including essays, recommendations, and GPA. This project will use paper copies rather than the computer. There are issues of confidentiality; financial data will not be included. For security and a satisfactory work location, the applications will be kept at the URVC offices in McNamara Alumni Center. Each assessor will have his or her own file of applications.

CLA has established a set of specific criteria for evaluating scholarship applications. The work must be done in a two-week period set during May and June and your work time must be scheduled during weekday business hours. Each application will be numerically scored on a grid sheet and ranked on one of three or four levels.

CLA will provide an orientation and a post-assessment meeting with the committee. URVC will provide free parking coupons for these and your own working sessions.

It is of great importance that this be a successful first endeavor and a model for future large-scale projects using our academic skills. Please contact URVC (urvc@umn.edu) with your interest or questions about the “Retiree Evaluations of Transfer Student Scholarship Applications” project.

Thank you for considering this volunteer project.

— Alan L. Kagan, URVC Project Director, urvc@umn.edu
— John S. Anderson, URVC Board Chair

UMRA recognizes three with service awards

The UMRA Committee on Service Engagement has chosen the following recipients for three 2013 UMRA Awards for Service, to be recognized at the May 28 Annual Meeting.

Award for Service to UMRA: Judy Leahy Grimes

UMRA members know Judy as the efficient volunteer who, after participating in our “revolving reservations management” for a couple of years, stepped up to take responsibility as full-time reservationist for 2012-13. This has been an invaluable service.

Judy goes about her work with such quiet grace that few of us realize just what it takes to manage the reservations. She handles 75 to 100 reservations and payments every month, which sometimes involves dozens of phone calls, letters, and e-mails. At luncheons she manages the sign-in desk and name tags, greets members, and provides the list of new members and visitors to the president for his announcements. Besides this critical role she also is volunteering to play a key role in the preparation for UMRA’s hosting of the AROHE conference in 2014.

Award for Service to the University: Paul Rosenblatt

Although he retired two years ago, Paul Rosenblatt not only continues to go into his office every day to write and do research, but he also continues in service to his department and its community of faculty and students. He is still advising five doctoral students, serving on the committees of 15 other grad students, and mentoring other students informally. In addition, he offers freely of his time to consult with colleagues about research and teaching problems.

He is an exemplary role model for retirees who want to keep their professional networks and provide help as needed to their department communities, asking for no direct reward in return. His books on families, couples, race relations, and grief—all still in print—provide an indirect service to a vast number of individuals and families around the world.

Award for Service to the Community: Gary C. McVey

After retiring in 1996 from teaching at the University of Minnesota-Crookston and as a scientist at the Northwest Experiment Station, Gary McVey continued to teach and consult until 1999. That year he and his wife embarked on a 14-year association with the Evangelical Lutheran Church Mission Builders, first in construction, and then pre-construction and design consulting with churches and camps.

Also active with the Habitat for Humanity Chapter in Kerr County, Texas, he helped build 25 homes and served on

Continued on page 5: McVey

UMRACares members to offer care and support during times of loss or illness

Although for some years UMRA has reported the deaths of our members in the newsletter, many members have felt that we, as an organization, could do more for those individuals and families who are dealing with loss, personal illness, or the life-threatening illness of a loved one.

To that end, UMRA President Ron Anderson recently appointed a committee to help support UMRA members who are experiencing grief or the serious illness of a loved one. The UMRACares committee members will send personal

The UMRACares committee has selected some lovely cards, created by photographer and Family Social Science chair Jan McCullough, to let members know they have UMRA's support.



sympathy cards and call families to extend support in such difficult times.

The committee asks for your help in letting them know when one of our members is dealing with a difficult situation. Please let them know if a spouse or partner or child has passed away...or if a loved one has a life-threatening illness. The committee also plans to extend condolences to the families in recognition of the deaths of retired Twin Cities campus faculty or staff members who were not UMRA members as well.

Please notify us with this important information when you are able to do so. We are in the process of establishing a link on the UMRA website, and the UMRA newsletter will keep you informed about this in the coming months. For now, you may call the UMRA phone number, 612-626-4403, and leave a message...or call any member of our committee whose names and phone numbers are listed below.

Van Linck 651-490-1385
Earl Nolting 651-633-4333
Harriet Reiss 763-544-8016

Throughout the coming year your UMRACares committee hopes to provide support and resources through e-mails, programs, and web site resources on dealing with the death or serious illness of a loved one. We will keep you posted as we move along to establish these programs. If this work interests you, please call us with any ideas you would like to offer for the creation of this new UMRA program.

— Harriet Reiss for the UMRACares Committee

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the local Habitat's board of directors. Since his retirement he has volunteered 3,428 hours to Habitat to Humanity home construction and 5,440 hours to the Mission Builder construction projects, a total of 8,868 hours.

For the past five years he and his wife Nancy have delivered Meals on Wheels. In 2011 he helped establish the Marines Cpl. Jacob C. Leicht AMVET Post 1000 (Jacob was the 1000th soldier killed in Afghanistan) and served as vice commander for two years.

This extraordinary record of volunteering makes Gary C. McVey eminently suitable for the UMRA Award for Service to the Community.

— Victor Bloomfield, chair,
UMRA Service Engagement Committee



Ron Anderson, UMRA president, was recognized with a Volunteer Service Award by Minnesota Community Forestry Awards for his leadership as the "driving force" to preserve trees along Wayzata's Bushaway Road, which was undergoing a roadway redesign.

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

First Class Mail
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 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 _____

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.

Jean M. Ludescher, Veterinary Diag. Lab, Bargaining Unit
 8520 County Rd 17 S.E., Delano, MN 55328
 763-972-2454; ludes001@umn.edu

Geraldine M. Skogen, Department of Food Science and Nutrition, P & A
 1987 Garden Ave., Falcon Heights, MN 55113
 651-645-0073; 651-276-8012
 gskogen@umn.edu or gskogen@comcast.net

Gavin and Toni Z. Watt, School of Public Health, P & A
 2731 Ulysses St. N.E., Minneapolis, MN 55418-3049
 gdw@umn.edu

Kathleen K. Wolter, University Press, P & A
 1707 Hillcrest Ave., St. Paul, MN 55116
 651-690-2164; k.wolter@comcast.net

Have a great summer, stay in touch with your UMRA friends, and invite new retirees to join us

Watch for your membership renewal reminder in the mail by July, and watch for your newsletter and monthly programs to resume in September.

The Board of Directors and members of UMRA wish to thank the University of Minnesota Center for Spirituality and Healing for sponsoring the UMRA May Newsletter. Below we present an invitation to participate in their programming.

CENTER FOR SPIRITUALITY & HEALING 

WELLBEING LECTURE SERIES

Wellbeing is a state of being in balance or alignment in body, mind, and spirit. We feel content; connected to purpose, people, and community; peaceful and energized; resilient and safe.

The Power of Habit

Tuesday, May 14, 2013 with Charles Duhigg 3-4:30 pm

Self-Compassion and Psychological Wellbeing

Thursday, September 19, 2013 with Kristin Neff 3-4:30 pm

Eat, Move, Sleep

Thursday, November 14 with Tom Rath 3-4:30 pm

Visit z.umn.edu/wellbeingseries for more info 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