

UMRA U NEWSLETTER

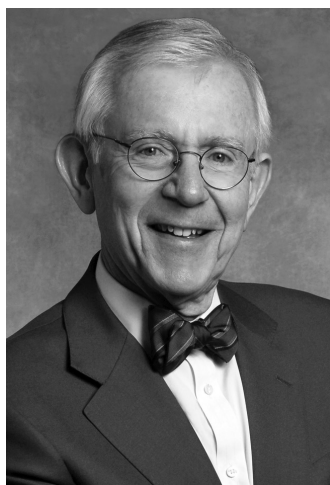
A Communication of the University of Minnesota Retirees Association

FEBRUARY 2014

Lowell Noteboom to speak on “The Orchestra Business in Changing and Challenging Times”

Now that the Minnesota Orchestra’s fifteen-month lockout is ended and the musicians are back in Orchestra Hall, we realize that we have witnessed a new reality: the orchestra is a business that is going through changing and challenging times.

Addressing this topic, at the February 25th luncheon, will be Lowell Noteboom. Mr. Noteboom, a principal of the law firm Stinson and Leonard, is the immediate past



president and CEO of the firm and continues his practice there.

But his credentials for addressing this topic go well beyond his long and distinguished

career in the law. Mr. Noteboom’s extensive involvement in civic activities primarily includes serving on boards of orchestras and other musical organizations.

Mr. Noteboom is currently in his fifteenth year as a member of the Board of Directors of the St. Paul Chamber Orchestra, having served as its chair for more than six years. During 2013, SPCO experienced its own challenges and changes.

In 2002, Mr. Noteboom joined the board of The American Symphony Orchestra League in New York City, and since 2006 he

has been serving as chair of its board. The league has a network of nearly 800 orchestras. Its mission is to help orchestras meet the challenges of the 21st century.

Mr. Noteboom also serves as a member of the Curtis Institute Board of Overseers and on the executive committee of the National Guild for Community Arts Education.

His association with the University of Minnesota was as chair of the Board of Directors of the MacPhail Center for the Arts. During his term, he led the center in its successful transition to independence from the University.

Mr. Noteboom regularly speaks, writes, and leads seminars on the subject of non-profit governance, as well as on nonprofit innovation and strategic planning. He is author of “Good Governance for Challenging Times,” *Symphony Magazine*, December 2003. He has served for many years as a member of the faculty of the Orchestra League’s Institutional Vision Seminar.

His vita says of his musicianship, “An amateur cellist, he is a member of a string quartet which meets regularly for the pure fun of it and performs only when required to do so by their coach.”

With his long experience facing the changes and challenges of orchestras and other arts organizations, we look forward to his presentation and urge you to attend.

— Hal Miller, Program Chair
and UMRA President-elect

UNIVERSITY OF MINNESOTA

FEBRUARY
LUNCHEON MEETING

Tuesday, February 25, 2014
11:30 a.m. – 1:30 p.m.

Featured Speaker
**Lowell Noteboom, “The
Orchestra Business in Changing
and Challenging Times”**

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

Menu
Italian Sausage over Linguine with
Caramelized Fennel and Tomato
For vegetarian or gluten-free
options, please request when mak-
ing reservations.

Reservations ARE Required
Deadline: Thursday, February 20
Prepayment of **\$16** per person;
annual prepayers **must** also make
reservations.

To reserve your place(s), send
your check payable to UMRA to
UMRA Reservations,
c/o Judy Leahy Grimes,
1937 Palace Ave., St. Paul, MN
55105-1728
or contact her before the dead-
line at 651-698-4387; e-mail:
Jleahy4654@aol.com.

Please honor the reservation
deadline date; if cancellations are
necessary, please call by Feb. 20.

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

Board Meeting at 9:30 a.m.

UMRA NEWSLETTER

On Committees and Technologies

Warren Buffett advises, “Be fearful when others are greedy, and greedy when others are fearful.” His contrarian advice implies that the time to plan is when things are going well; don’t wait for a crisis.

So the time to plan is now. Looking ahead, UMRA committee chairs and I met recently to discuss our committee work and structure, as well as the need to plan how we can make use of new technologies in communications.

Committees: The UMRA by-laws state that the president annually appoints committee members and chairs. At first glance this rule seems OK, except that the president lacks good ways to determine who’s available and interested in serving. Furthermore, in most organizations it’s not obvious to newcomers (or even many old-timers) how things are done, so when things are going well, it’s understandable why new members often become “consumers” rather than “partners in production.”

Even though it’s comfortable to let others do it, that’s not a healthy recipe for a sustainable organization. While discussing these matters with committee chairs, I suggested UMRA might create a Committee on Committees to facilitate renewing committee membership and committee leadership.

Further discussions at the January board meeting led to a proposal that we list opportunities for service on our membership forms and annual dues request mailings, inviting members to check off their interests or committees on which they might like to serve. This information could then be shared with committee chairs so that committees could follow up with a phone conversation, explain the work of the committee or interest group, and invite members to join and serve.

As John Anderson and our Membership Committee launch initiatives to recruit new members, we need to open doors for service. I encourage all UMRA members to check out our website, learn more about committee activities, and offer to join and serve. At monthly UMRA luncheons we will continue to issue invitations to serve, and we will also use our monthly newsletter to invite

your service. But don’t wait to be asked—let us know of your interest in helping build UMRA into a strong organization that serves University retirees and the University.

To be sure, UMRA committee structure is not set in stone. There’s no reason why energetic members, old or new, cannot launch new committees or interest groups if they have the interest and enthusiasm to do so and to lead. (Note: suggestion for an International Interest Group, page 3.)

UMRA Communications: In planning for the Big Ten and Association of Retiree Organizations in Higher Education (AROHE) conferences, which we’re hosting in Minneapolis in August 2014, AROHE surveyed leaders of member organizations on topics they’d like to see addressed. Over 90 percent of respondents wanted to learn about how to communicate effectively with recent and younger retirees, and about the differential impacts of newsletters, e-mail, social networking, and social media. Dave Naumann and John Anderson emphasized the need for UMRA “to move into the 21st century with our communications programs” and especially address recent retirees, along with faculty and staff who are about to retire, in the communications forms they prefer.

When it comes to modern technologies, I have a lot to learn. In a recent edition of “Pickles,” the *StarTribune* comic strip, grandson Nelson points to a rotary dial phone on the desk and asks Grandpa Earl, “What is that?” Earl replies, “That’s a telephone,” and Nelson responds, “Wow! How many songs does it hold?” I’m more like Earl than I want to admit—as evidenced by the reliable landline rotary dial phone on my desk (for emergencies).

Anderson and Naumann emphasized, “Print and traditional e-mail work for some of us, but they will not work well for those coming along.” So in coming months we’ll move forward on several fronts to identify persons about to retire and those recently retired, to enlist them and others for committee activity, and to expand the depth and breadth of UMRA communications.

Please step forward to let us know of your interest. We’ll need all of you to help craft these initiatives.

— John S. Adams, UMRA President
adams004@umn.edu

February 25 workshop — Living Well in Later Life topic: International Volunteer Service

Our workshop on February 25 will focus on international service. A panel of four UMRA members who are making major contributions internationally will lead off the discussion by describing some of their work on international projects. Then the audience can ask questions or tell about their own experiences in international work. This workshop is for you if (1) you have thought about doing volunteer work overseas, (2) you often travel abroad, or (3) have a strong interest in international studies issues.

The four panelists are Karen Lilley, who just returned from work at a Uganda orphanage; Vincent Hunt, who worked in many countries with the World Health Organization (WHO); Josef Mestenhauser, who, after 50 years of devotion to the U of M's international activities, continues promoting greater internationalization in learning; and Robert Patterson, who has done consulting work and human rights work all over the globe. Ron Anderson, UMRA's past president, will moderate the discussion.

Karen Lilley, after retiring from web management with U of M Extension, became volunteer vice president for communications for the St. Paul-based Hope Multipurpose, Inc. Their principal project was building, managing, and fund-raising for the Blue House, an orphanage and school for vulnerable girls in Kazo, Uganda.

In the 1970s Vincent Hunt, M.D., pioneered the family medicine specialization in rural Minnesota. Over the years he was invited by at least eight countries all over the globe to assist with their residency programs in family medicine. Moving into leadership roles within the World Health Organization (WHO) and the World Organization of Family Doctors, he worked at WHO headquarters in Geneva. In recent years, he ran a project in East Africa training doctors in eight Sub-Saharan countries. He and his wife, Mary Kay, created the Global Health Fund at the University of Minnesota, which financially supports residents as they participate in structured international experiences.

Josef Mestenhauser is Distinguished International Emeritus Professor in the University's College of Education and Human Development. His more than 50-year career included teacher, researcher, administrator, counselor, and consultant. He published many books and reports on international education and received three senior Fulbright grants to the Philippines, Japan, and Czechoslovakia. Professor Mestenhauser has played a key role in making the University known as having one of the most globalized education campuses in the nation. After he retired, he held the post of Honorary Consul of the Czech Republic in Minnesota, Iowa, and

North and South Dakota until 2008. He continues to lecture and write articles on internationalizing education and volunteers freely of his time to the University and the local Czech and Slovak Cultural Center.

Robert Patterson earned a Ph.D. at the U of M in biomedical engineering and holds five major medical device patents. He has held professorships in seven different University and medical school departments. His global reputation has taken him to lectureships and projects in China, Saudi Arabia, Cuba, and many other countries. Committed to human rights, he has participated in a number of work/study tours in Nicaragua, El Salvador, and Mexico. Last year he and his wife, Margaret, went to Ethiopia; this year, Cambodia.

The panelists will talk briefly about some of their work, then others will be invited to ask questions or tell of their experiences.

If there is enough interest among participants, this workshop could evolve into a new UMRA-sponsored special interest group for exploring and sharing, as the "International Interest Group."

This workshop, like the others in this workshop series, will be held from 1:30 to 2:30 p.m. after the UMRA luncheon. You are welcome to attend this workshop whether or not you attend the luncheon, and the workshop is free.

— Ron Anderson, UMRA Past-President

January workshop enlightens our activism



From climate change to managing dwindling resources to balancing population growth to understanding economics and social equity, the world's issues can seem insurmountable. But Cliff and Bettye Ware encourage us to work locally, actively creating sustainable communities that ultimately can impact our planet home. If you were unable to attend but are interested in learning more about acting for sustainability, ask Cliff to send you his e-newsletter, CFS News-Views Digest, by e-mailing him at warex001@umn.edu.

What's it like—volunteering? Here's an “insider's look” at Meals for Young Minds

As project director for the University Retirees Volunteer Center (URVC), I make project selections and seek a diversity of activities to meet the varied interests of our members as well as community needs.

My recent experience in volunteering for the Meals for Young Minds program in December was truly satisfying and supported the reports I have received from our URVC volunteers. It was over a year ago that this Second Harvest Heartland effort to distribute food to elementary students and their families came to my attention.

I thought URVC volunteers should become engaged because issues of financial hardship have risen beyond the poverty level to that of the middle class with consequential effects on diet and nutrition. As Ben Senauer, professor of economics at the University of Minnesota, has expressed it: “This is the new face of poverty.” Children who do not have adequate meals can't be expected to do well in school. Their educational progress is dependent on daily nutrition.

Meals for Young Minds program is a food distribution program funded by the Target Corporation. It takes place monthly at 11 elementary schools in the late afternoon or early evening. One of these schools is the St. Paul Academy of Music. As a musician myself, this seemed to be an appropriate location for me to learn more about how the program operates.

I was curious to find out why at least 30 volunteers are needed for each occasion. It all soon became clear. Arriving at 4 p.m., my wife Geri and I proceeded to the gym, where we were quickly given instructions and put to work. Carts of produce were delivered and set on tables. Along with about 15 others, I took a large plastic bag and rotated around the tables, selecting a variety of fruit and vegetables that would later be given to each family.

While we were continuing to fill bags, cases of groceries and frozen foods were being stacked along two rows of tables. Once all the produce was bagged, we each selected a table from which we would offer groceries. In one hour we had everything prepared and in readiness.

From Parent–Teachers meetings elsewhere in the school, a steady stream of students with siblings and parents began arriving. Each family was given a card with a number representing how many students they had attending the school. This indicates the quantity of each item the family can choose as they pass along the food-stacked tables. It is estimated that each enrolled student receives from 30 to 40 pounds of groceries at no cost.

We closed up at 6:30 p.m. after serving 193 students and distributing 7,972 pounds of food! It was gratifying to see the children and their parents and to know the value of these nutritious foods in providing for their young minds.

In addition, while volunteering at the St. Paul Academy of Music, I learned that each student receives seven hours of music lessons and activities each week. Now I know where to donate the four small-size violins I had previously purchased for grandchildren.

This program can use your help. For information on next month's locations and schedule, contact University Retirees Volunteer Center urvc@umn.edu or call 612-625-8016.

Alan Kagan, URVC Project manager

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 UMRA Directory.

Mary Byers, University Press, Civil Service
723 Pierce St., Minneapolis, MN 55413
612-623-8196; marymbyers@gmail.com

Florence K. Gleason, Plant Bio/CBS, Faculty
PO Box 8206, St. Paul, MN 55108
651-233-3181; IQA@umn.edu

Jennifer E. Obst, MAES, P & A
1596 Jefferson Ave. St. Paul, MN 55105
651-699-2109; obstx001@umn.edu

Dodi and David Thorman, Boynton Mental Health Clinic,
P & A
1795 Green Crest Dr., Victoria, MN 55386
612-978-4790; dathorman@msn.com

Nancy M. Youngren, School of Public Health, Civil Service
13522 Lower Elkwood Ct., Apple Valley, MN 55124
952-423-1598; 612-239-1047; young025@umn.edu

James and Faye Ysseldyke, Educational Psychology, Faculty
2337 Lehman Lane NE, Blaine, MN 55449
612-801-0258; 763-258-7618
jim@umn.edu ; faye.ysseldyke@gmail.com

Correction

New member, Michele K. Sullivan, Boynton Mental Health Clinic, P & A, was incorrectly listed as Civil Service in the January 2014 Newsletter

See the newsletter online, delve into the photo archives,
and stay current on news for retirees —
There's always something new on UMRA's
ever-expanding website: www.umn.edu/umra

You are accomplished and experienced — and your expertise is valuable to UMRA

UMRA needs organizational volunteers to keep the retirees association growing and meeting its members' needs. We are especially interested in involving those who joined UMRA in recent years. Your ideas and your energy can contribute in many ways to the organization.

Please consider serving on an UMRA committee or the Board of Directors.

UMRA committees and their chairs currently include:

- Program: Hal Miller, miller@umn.edu
- Membership: John Anderson, ander049@umn
- Communication and Technology: David Naumann, dnaumann@umn.edu; Earl Nolting, enolting@umn.edu
- Service Engagement: Victor Bloomfield, victor@umn.edu
- Professional Grants Program: Jan Hogan-Schiltgren, jhogan@umn.edu
- UMRA Cares: Van Linck, avlinck@comcast.net, and Earl Nolting, enolting@umn.edu
- Luncheon: Ben Zimmerman, Judy Leahy Grimes

If you are interested in learning more about the work of any of these committees, please contact the chairpersons listed.

Board of Directors—This year the UMRA Nominating Committee will be looking for volunteers to fill five upcoming vacancies on the 12-person Board of Directors. The term is three years beginning in May of this year. The Board meets prior to each of the eight luncheons each year, and in recent years has met for a retreat day in the summer. This year the nominating committee also will help committee chairs fill slots on their committees.

As current past president of UMRA, Ron Anderson is chair of the five-person nominating committee this year. As an organizational volunteer, you will not only serve fellow retirees but you will also find that getting involved is a great way to get to know others and make new friends.

Please drop an e-mail note to him and let him know of your willingness to serve on a committee or on the Board of Directors. His e-mail address is rea@umn.edu

Photo Club to meet on 'last Fridays'

The UMRA Photo Club has established a regular monthly meeting date — the last Friday of each month (1 to 3 p.m.). Upcoming meetings are February 28, March 28, April 25. New members are welcome. The group meets at Hennepin County Library, St. Anthony branch and often goes to lunch beforehand. To learn more, please contact Vic Bloomfield, victor@umn.edu, or Jean Kinsey, jkinsey@umn.edu.

Winter Blahs getting you down?

Besides waiting for the thermometer to get above zero so we can go outdoors for a little fresh air and exercise, what else can we do for ourselves during this record-cold winter?

How about some exercise for the brain? Or a movie to elevate your spirits? The UMRA Cares Committee has put together a few suggestions to brighten the days until the sun melts away our long, snowy, and tiresome winter.

Committee member Pat Tollefson, who also chairs the UMRA Book Club, and Earl Nolting recommend two books they are each reading.

Your Best Brain Ever: a Complete Guide and Workout by Michael S. Sweeney and Cynthia R. Green. Cited as one the "top four guides to life after 50" in 2013 by *The Wall Street Journal* (Dec 9, 2013 p.R5), this book is hailed as "a research-filled, yet highly approachable, guide to the scientific why and the practical how of keeping your brain in top shape whatever your age."

Learn Faster and Remember More by David Gamon, Ph.D., and Allen D. Bragdon, Brainwaves Books, a division of Allen D. Bragdon Publishers, Inc., South Yarmouth, MA. Written by a neuroscientist and the editor of *GAMES* magazine, this book includes valuable information about our brains. It also offers word games and puzzles to challenge our thought processes. The book's third section, "The Experienced Mind" is the most relevant for seniors.

Sometimes, when the winter winds are howling outside, you just want to curl up with a good movie. You can order from the dozens of film media resources like Netflix, but with all the choices, how does one find the right one? Harlan Hansen shares a list he calls Great Movies for those who have reached that certain age (seniors).

1. Quartet
2. The Best Exotic Marigold Hotel
3. Trip to Bountiful
4. Away From Her
5. About Schmidt
6. The Bucket List
7. Waking Ned Devine
8. Driving Miss Daisy
9. Saving Grace
10. Nobody's Fool
11. Batteries Not Included
12. Cocoon
13. Calendar Girls
14. The Notebook

If you have other books or films to recommend to your fellow retirees, contact the UMRA Cares Committee. They are developing a resource list that can be shared on the UMRA website. Send your ideas to umracares@umn.edu .

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 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 _____

In Remembrance

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

Manuel P. Guerrero, Chicano Studies and Sociology faculty died January 7, 2014. He had joined UMRA in 2000.

UMRA Cares offers support

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

Discount parking for UMRA members

Members of UMRA enjoy the privilege of parking on campus up to an entire day for only \$6. Thanks to Parking and Transportation, members may obtain coupons that reduce hourly fees to the single all-day fee, with the exception of parking for special events. Obtain coupons: (1) at any UMRA luncheon; (2) when renewing your membership; (3) by sending a request and self-addressed, stamped envelope to John Anderson, 1332 Como Blvd. E., St. Paul, MN 55117.

The UMRA Board of Directors and members thank February's newsletter sponsor, the University Retirees Volunteer Center.

Are you looking for an opportunity to:

- » have an impact? contribute to your community?
- » be involved? meet people?
- » add to your well being? live longer?!?

All this and more when you VOLUNTEER!



Contact the University Retirees Volunteer Center (URVC) to connect with a broad variety of volunteer opportunities—activities and projects to suit your interests and availability. Explore possibilities with a URVC volunteer by e-mail: urvc@umn.edu or telephone (weekday mornings): 612-625-8016. Or see information on the URVC website: www.urvc.umn.edu