

UMRA U NEWSLETTER

A Communication of the University of Minnesota Retirees Association

APRIL 2014

April 22 meeting program features fairy tales, Native humor, and heart disease prevention

The Professional Development Grant Program for Retirees (PDGR) initiated by UMRA volunteers in 2009 has completed its sixth cycle of annual awards (see page 4).

Our April meeting will look at how the retiree grants are yielding both professional discovery and personal meaning. We will hear from a panel of three retirees who have made uniquely creative academic contributions in diverse directions.

All three have been “driven to discover” in retirement, and they will talk about what that means and what they have discovered. Ron Anderson, UMRA past president, will moderate the panel, engaging the panelists in a conversation related not only to their continuing interests in research, but also to their personal fulfillment in retirement.



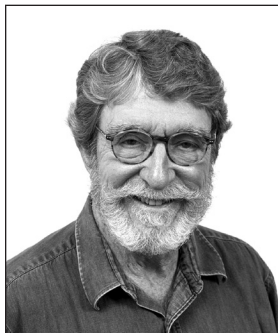
Jack Zipes, professor emeritus of German, is a world-renowned expert on fairy tales. He had already published about 50 books when, in 2009, he applied for a PDGR grant

to study fairy tales in film. In the past two years he has published seven more books analyzing the history, meaning, and cultural differences related to fairy tales. He argues that fairy tales reveal the gaps between truth and falsehood in a society, and reveal cruelties as well as folk wisdom of many times and places.

The second panelist, Carol A. Miller, is emeritus associate professor of American Studies and American Indian Studies. She has published dozens of major articles in her field, and in 1996 she received the U's Morse-Alumni Distinguished Teaching award. Professor Miller received a PDGR grant in 2012 to study Native author Thomas King's “Dead Dog Café Comedy Hour,” which ran on the Canadian Broadcasting Company radio for four seasons between 1997 and 2000. Both the writer and his main characters were Canadian aboriginals. You will hear some humorous audio clips from the show as well as how



her interviews of the writer and actors reveal what the comedy show means for Native Americans and their perceptions of the larger society.



The third panelist is Henry Blackburn, professor emeritus of the Division of Epidemiology and Community Health in the School of Public Health. He was a participant and now is historian of pioneering work on risk and prevention of heart disease centered at the University of Minnesota during the mid-

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UNIVERSITY OF MINNESOTA

APRIL
LUNCHEON MEETING

Tuesday, April 22, 2014
11:30 a.m. – 1:30 p.m.

Featuring

Driven to Discover: “Fairy Tales, Native Humor, Heart Disease”

Location

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

Menu

Mustard-crust chicken with spinach pesto, roasted carrots, onions, beets, and potatoes. For vegetarian or gluten-free options, please request when making reservations.

Reservations ARE Required
Deadline: Thursday, April 17

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 deadline at 651-698-4387; e-mail: Jleahy4654@aol.com.

Please honor the reservation deadline date; if cancellations are necessary, please call by April 17.

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

Generations of Change

I was standing with graduate students in the Geography Department office one day when the topic of knives came up. I asked if they knew why a small knife was called a “pen knife?” They had no idea, but accustomed to my weirdness, they humored me by asking why. I explained that it was a knife used in earlier times to sharpen a goose quill, and one asked, “What’s a goose quill?” I proceeded—to their wide-eyed amazement—to explain how steel pens began to replace quill pens in the 1820s.

Things keep changing, and we older folks apprehend (and often lament) long-term trends. For example, if you stand in Willey Hall as classes end, you’ll see students leaving in twos and threes, but instead of talking with one another, they’re checking their smart phones—students alone, together.

I was mulling this over when I received a note from an UMRA member wondering why our interesting UMRA luncheon meetings and workshops attract few new members. It’s a perennial question, and I’ve concluded that one cause is generational.

Generations—Demographers define current American generations by years of birth: (1) born 1900–1924: G.I. Generation; (2) 1925–1945: Silent Generation; (3) 1946–1964: Baby Boom; (4) 1965–1979: Generation X; (5) 1980–2000: Millennials or Generation Y; (6) Post-2000–Present: New Silent Generation or Generation Z. Most UMRA members are part of the Silent Generation, while our kids (depending on how fast we got moving) are Baby Boomers or Generation Xers.

Each generation grows up in a world different from that of their parents. We came of age in one that made little sense to our parents, just as our world—which shaped our outlooks, habits, and values—is unknown and often

mystifying for our kids. There are exceptions, of course, but it’s striking that today’s conundrums can often be linked with generational frameworks.

Gaps—What do societal trends and divergent generational experiences and outlooks portend in terms of challenges to the vitality and sustainability of organizations like UMRA and the Campus Club and other voluntary nonprofits? There are different diagnoses.

Robert D. Putnam’s celebrated article “Bowling Alone: America’s Declining Social Capital” (1995) examined the waning of older ways of providing public goods and voluntarily looking after one another. Joseph E. Stiglitz in *The Price of Inequality: How Today’s Divided Society Endangers Our Future* (2012) showed how changes in American political economy, which promote rampant rent-seeking and self-centered individualistic economic behavior, undermine community while polarizing society. Meanwhile Michael J. Sandel’s *What Money Can’t Buy* (2012) decried how America, once a society containing a market economy, has become a market society; what once we did for one another and the community, we now expect to be paid for. Why give what you can sell?

Signs of Hope—The Hebrew phrase *tikkun olam* means “repairing or healing the world,” suggesting humanity’s shared responsibility to heal, repair, and transform the world. In the face of formidable trends confronting our voluntary organizations—and our world—it’s easy to become dispirited.

But I remain optimistic. Idealistic young people continue inventing fresh ways to assume the task of fixing the world. Continued vitality of service organizations like UMRA depends on keeping doors open for new members and new ideas. Goals remain the same; means will differ.

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

April 22 program—continued from page 1

20th century. Professor Blackburn received a PDGR grant in 2009 to complete an archive and a website on 50 years of research on coronary heart disease in populations of Minnesota and contrasting cultures worldwide. He will reflect on the role of epidemiology and research on the social determinants of disease and health of populations as a complement to medical research on unique individuals.

Following brief presentations by the panelists, moderator Ron Anderson will ask panelists to discuss the extent to which retiree research, and research grants, lead to personal fulfillment. The audience will be invited to ask their own questions of the panelists as well.

The April meeting is an opportunity for members to learn more about how continuing research affects retirement.

Workshop on April 22: “Who Gets Grandma’s Yellow Pie Plate?”

We all probably have special possessions that have been an important part of our families’ lives—sometimes for many generations. When we want or need to downsize, what happens to those treasured items that may have intrinsic or emotional value?

Van Linck, co-chair of the UMRACares Committee, shares her own story. “I was cleaning out things the family hadn’t used or touched for years when I came upon the American Flyer wide gauge train set my late husband had kept since his parents gave it to him in the early 1930s. Thinking that I might donate it to a train museum, I asked my son about it. I was surprised—and pleased—when he responded that

it was an important memory for him, and he would like to have it and keep it in the family.”

Passing along personal possessions to family can be an issue for everyone, no matter one’s stage of life. Whether planning ahead or making decisions after someone dies, “Who Gets Grandma’s Yellow Pie Plate?”™ is a program that offers help in guiding us successfully through such intergenerational transfers of personal property.

Grandma’s Yellow Pie Plate is a national award-winning program originated by a team at Minnesota Extension.

Our workshop leader, Shirley Barber, is a retired educator with Minnesota Extension. She was the project coordinator for a team of six colleagues who defined the need, conducted the research, and developed educational materials for this helpful program.

At our workshop on April 22, Shirley will discuss six components that are critical to effective decision making in transferring non-titled personal property, along with resources to assist individuals and families in this process. The workshop will include time for sharing stories and discussions that illustrate the ideas and guiding principles.

The Living Well in Later Life workshops are held from 1:30 to 2:30 p.m. after the UMRA monthly luncheon. You are welcome to attend this workshop whether or not you attend the luncheon. The workshops are free.

— UMRA Cares and Workshops committees



Shirley Barber and Van Linck swapped family stories at UMRA’s March luncheon. Shirley will lead the April 22 workshop.

Candidates for 2014–15 leadership

The Nominating Committee presents the following candidates for election on May 27. The May issue of the newsletter will provide more complete information on the candidates, the election, and the Annual Meeting.

Nominated for the position of President-elect

Jean Kinsey retired in 2012, faculty of Applied Economics

Nominations for five positions on the Board of Directors

Carl Adams retired in 2013, faculty of Information and Decision Sciences in CSOM.

Roger Clemence retired in 2009, faculty of Architecture, Landscape Architecture, and Urban Studies.

Jeanne Markell retired in 2009, several U of M administrative positions concluding with U of M Extension.

Sherilyn Goldsmith May retired in 2009, education specialist at U of M Child Development Center, CEHD.

Donna Peterson retired in 2012, associate vice president for government and community relations, U Relations.

U Health Benefits Dental Plans for retirees enroll 2,273 for 2014

According to figures released by Employee Benefits, 2,273 of our 65+ retirees and their spouse/partners signed up for dental coverage under this year’s plan offerings. This is 413 fewer than those who signed up for the University’s hospital and medical coverage for retirees.

By plan, Delta Dental had the most enrollees with 1,716 (1,250 with Delta Dental Premier; 254 with Delta Dental PPO). University Choice was selected by 174; Delta Dental Premier Greater Minnesota was selected by 38; and Health Partners Dental was selected by 557 (322 with Health Partners Dental and 235 with Health Partners Dental Choice).

— Ted Litman, UMRA Representative to the Benefits Advisory Committee

Announcing the 2014–15 Professional Development Grants for Retirees Awards

In February a committee of retirees, appointed by Frances Lawrenz, associate vice president for Research, reviewed and recommended 12 of the 14 applications for Professional Development Grants for Retirees. Brian Herman, vice president for Research, recently announced the grant recipients. Congratulations to the following:

Ronald E. Anderson, emeritus professor of Sociology, Department of Sociology, CLA, U of M-Twin Cities: “A Handbook on World Suffering”

Thomas J. Bouchard, emeritus of Psychology, Department of Psychology, CLA, U of M-Twin Cities: “Personality ‘Writ Large’”

Katherine Fennelly, emeritus of Public Affairs, Humphrey School of Public Affairs, U of M-Twin Cities: “Online Training on Immigration Topics”

Cathy L. Gierke, Research Assistant, Halberg Chronobiology Center, IT, Carlson School of Management, U of M-Twin Cities: “Analysis of Rhythms Using R: Introducing Chronomics Analysis Toolkit (CAT)”

Thomas Jordan, emeritus of Physics, College of Science & Engineering, U of M-Duluth: “Dependent Symmetries in Open Quantum Dynamics”

Harvey B. Keynes, emeritus of Mathematics, College of Science & Engineering, U of M-Twin Cities: “Addressing Gender Issues in Programs for Highly Talented K-12 Mathematics Students”

Kathleen O’Brien, retired vice president of University Services, U of M-Twin Cities: “Women in Minnesota Local Government, 1970-2000”

Carla R. Phillips, emeritus of History, CLA, U of M-Twin Cities: “Who Owns the Fish in the Sea? Private Control of Spain’s Southwestern Tuna Fisheries, 14th-16th Centuries”

William D. Phillips, emeritus of History, CLA, U of M-Twin Cities: “Encounters within Europe: The Ethnographic Observations of Foreign Travelers in Iberia in the 15th and 16th Centuries”

Herbert G. Scherer, emeritus of University Library, U of M-Twin Cities: “Conversion of Historic Movie Poster Glass Slides to Digital Format”

Roger H. Stuewer, emeritus of Physics and Astronomy, College of Science and Engineering, U of M-Twin Cities: “Application for Supplemental Travel Expenses”

William D. Sudderth, emeritus of Statistics, CLA, U of M-Twin Cities: “Finitely Additive Stochastic Dynamic Programming”

Abstracts of the 2014-15 grants are listed on the UMRA website: www.umn.edu/umra/grants.php. For information about the next cycle of grants, please contact Jan Hogan, PDGR Committee chair, at jhogan@umn.edu.

Opportunities to participate in research

The University Retirees Volunteer Center (URVC) receives regular requests to provide members of our retiree age group as informant participants for research studies conducted by University faculty and grad students as well as community medical organizations. Response from UMRA and our URVC members is always sterling. Free parking is provided to those participating in projects taking place on campus.

Three studies are seeking subjects at this time. Call the URVC office, 612-625-8016, for more information about these studies or to volunteer as a participant.

Speech Production and Perception in Parkinson’s Disease

This study is conducted by a Ph.D. candidate and Professor Peter Watson, Speech-Language-Hearing Sciences. Participants over 60 are needed either in the category of persons with Parkinson’s or without neurological or voice/speech disorder. Each subject will be tested in two sessions, either at Shevlin Hall, Minneapolis campus, or The Struthers Parkinson Center. The study requires reading speech material, judging sounds using headphones, and judging gentle touches to your tongue tip. Compensation is \$15 an hour for Parkinson participants or \$10 an hour for non-Parkinson comparison subjects.

ASPREE (Aspirin in Reducing Events in the Elderly) and the ACES (Aspre Cancer Endpoints Study)

This international study of the potential effects of a daily low-dose aspirin (or placebo) is to determine its effects on heart and brain health. It is locally supervised by University Physicians at a St. Paul location and Health Partners at their Minneapolis location on Riverside Ave. Following the initial examination and testing of physical and cognitive health, each participant will have annual exams for five years. ACES is a voluntary sub-study being initiated in 2014 for all ASPREE participants to collect information about cancer.

Minnesota Memory Project is a multi-year study to track memory changes in Minnesota’s aging population by gathering information about memory function, health history, and lifestyle. This study, conducted by Health Partners at

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Nominate the deserving retirees you know for UMRA's Outstanding Service Awards

UMRA's first awards recognizing retirees for special service were presented at the Annual Meeting in May 2013. The inaugural Outstanding Service Awards went to Judy Leahy Grimes for UMRA Service; Paul Rosenblatt for University Service; and Gary C. McVey for Community Service.

There are many more deserving retirees in our midst whose service should be recognized as well. You know best who they are, so please nominate your fellow UMRA members for outstanding service in one of three categories:

1. **Outstanding Service to UMRA**, recognizing exemplary voluntary contributions to the organization of UMRA.
2. **Outstanding Service to the University of Minnesota**, recognizing outstanding unpaid work toward fulfilling the mission of the University. Examples might include:
 - Continuing to advise graduate students and serve on their dissertation committees;
 - Collaborating on research and/or writing projects;
 - Teaching special topics courses to nontraditional audiences, e.g., freshman seminars, summer session, life-long learning courses;
 - Participating and presenting at professional conferences.
3. **Outstanding Service to the Greater Community**, recognizing activities that address such issues as social services, environmental quality, community health, early childhood education, underprivileged populations, immigrant services, international organizations, local government boards, or other activities that address societally important needs.

To learn more about last year's awards, see the May 2013 issue of the UMRA Newsletter, page 4. Archived issues can be accessed on UMRA's website: www.umn.edu/umra

Please send your nomination(s) — one page or less should suffice — to Victor Bloomfield, chair, UMRA Service Engagement Committee, by e-mail at victor@umn.edu. Nominations should be received no later than April 30, 2014.

Awards will be presented at the Annual Meeting, May 27.

Research volunteers needed—continued from page 4

Regions Hospital or Specialty Clinic in St. Paul, consists of annual exams of vital signs and memory tests. The registry seeks the following participants: normal adults 55 years and older, adults over 40 years with a diagnosis of memory loss or mild cognitive impairment, and care partners of those with memory loss.

Invite your tech-savvy grandchild to volunteer for UMRA!

UMRA is looking to dip its collective toe into the icy, swirling waters of Internet "social media." This would mean Facebook — at least to start, and we will need some tech-savvy volunteers to assist this effort.

Because we have had little success in finding volunteers among our "in later years" membership, we're also looking for anyone else who is interested. Not surprisingly, very few of us are nearly as comfortable with Facebook as those who are growing up with smartphones and their "apps."

The Communications and IT Committee surveyed members in March, and discovered some very strong opinions, both for and against social media. We think learning more about Facebook, how to use it, and how to use its privacy and security features will alleviate most concerns. Usage of any social media is always optional for individuals, and UMRA has no intention of exclusively channeling anything through it.

A knowledgeable volunteer would help establish our presence, help hold at least one training session for members, and continue to monitor issues or problems for UMRA in using Facebook. With a new website with new capabilities coming soon, key news and schedules could be shared to Facebook automatically, potentially improving our communications and supporting member-to-member communications and sharing.

Interested volunteers can text me at 612-382-9856.

— David Naumann, UMRA Webmaster,
dnaumann@umn.edu

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA when you see them at lunch meetings. Please add this information to your UMRA Directory.

Cerelia N. Boone, University Libraries/Minitex,
Civil Service
1664 Kilmer Ave., St. Louis Park, MN 55246
952-541-4903; c-boon@umn.edu

Billie Wahlstrom and Mary Hartman, Writing Studies,
Faculty
703 Lincoln Ave., St. Paul, MN 55105
651-292-0598; 651-470-1313; billie@umn.edu

W. Phillips and Barbara Shively, Political Science, Faculty
1572 Northrop St., St. Paul, MN 55108-1322
651-644-0615; shively@umn.edu

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 Zip _____ Phone _____
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 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:

V. Elving Anderson, Genetics and Cell Biology faculty, died March 9, 2014. He had been an UMRA member since 1985; Carol Anderson continues as a member.

Marilyn Borkon, Kinesiology, civil service staff member, died January 19, 2014. She had been an UMRA member since 2004.

Norma L. Hovden, Wilson Library faculty, died November 7, 2013. She joined UMRA in 1984.

UMRA Cares Committee 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. Or, if you know of someone who is experiencing illness or a death in the family, please inform an UMRA Cares member.

—Earl Nolting, UMRA Cares committee member

The Board of Directors and members of UMRA thank Learning Life, a program of the U of M's College of Continuing Education, for sponsoring UMRA's April Newsletter.

Short Courses,
 Immersions,
 and Seminars 

learninglife

Experience LearningLife!
 Take advantage of these rich learning experiences with a community of active participants, featuring presentations by nationally and internationally renowned speakers.

A few upcoming courses include:

- Conservation and Controversy: The Wolf in Minnesota
- The Global Politics of Online Censorship and Privacy
- A Psychiatrist Among the Nazis: Dr. Douglas M. Kelley, Hermann Goring, and the Nature of Evil
- A Celebration of Viennese Food and Music

cce.umn.edu/umra 612-624-4000

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