

UMRA U NEWSLETTER

A Communication of the University of Minnesota Retirees Association

NOVEMBER 2015

Lion researcher Craig Packer to speak at November 17 UMRA luncheon

University of Minnesota professor Craig Packer will address the topic “Lions in the Balance: Man-Eaters, Manes, and Men with Guns.” This is also the title of his latest book, published in September. It is a chronicle of his experiences researching lions and fighting for their survival in Tanzania, indeed, of lions throughout the many lion countries in Africa.

Craig Packer is a Distinguished McKnight University Professor in the department of Ecology, Evolution, and Behavior at the University of Minnesota. His first trip to East Africa was in 1972 as a field assistant to Jane Goodall; he returned to Gombe in 1974 to conduct his Ph.D. research on olive baboons. After a brief study of Japanese macaques in Hakusan National Park, he returned to Tanzania in 1978 to head the Serengeti and Ngorongoro Lion Projects. His book, *Into Africa*, won the John Burroughs Medal in 1995, and he was elected to the American Academy of Arts and Sciences in 2003.

Over the past ten years, he has served as an official member of the Tanzanian Delegation to the Conference on International Trade in Endangered Species of Wild Fauna and Flora (CITES). He also founded an NGO to measure the effectiveness of foreign aid projects in rural Africa. He has published more than 150 scientific papers. Among the titles are “Fear of Darkness: the Full Moon and the Lunar Ecology of African Lions,” “The Effects of Trophy Hunting on Lion and Leopard Populations in Tanzania,” “Group Territoriality and the Benefits of Sociality in the African Lion,” and “Sport

Hunting, Predator Control, and Conservation of Large Carnivores.”

Lions in the Balance, a sequel to *Into Africa*, continues to describe his own research efforts and those of his students. It also describes their practical efforts to preserve African lions in the wild. One of his reviewers, Dr. George Schaller, the author of *The Serengeti Lion*, praises the book:

“The king of beasts is in trouble throughout Africa as this hard-headed, clear-eyed book makes unmistakable. Explosive human population in the lion’s habitat,



conversion of wild lands into fields, corrupt government officials, unscrupulous over-harvest by trophy hunters, illegal killing with gun, poison, and spear, lion bones smuggled to Asia—the litany of woe goes on and on. Craig Packer and his co-workers studied lions in the Serengeti... But they also took on the moral task of protecting lions and helping them endure.”

We look forward to hearing this scholar and active conservationist at our November luncheon.

— Hal Miller, past president

UNIVERSITY OF MINNESOTA

NOVEMBER
LUNCHEON MEETING

Tuesday, November 17, 2015
11:30 a.m. – 1:30 p.m.

Featured Speaker

Craig Packer, U professor of Ecology, Evolution, and Behavior
“Lions in the Balance”

Location

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

Menu

Cod with Roasted Tomato Sauce
over Fennel, Potatoes, and Kale
coffee and tea.

For vegetarian or gluten-free
options, please request when
making your reservations.

Reservations ARE Required
Deadline: Thursday, November 12
Prepayment of \$16 per person;
annual prepayors **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 Nov. 12.

Parking

All U ramps and East River Road
Garage with UMRA’s discount
coupon — \$6 for the day.

UMRA NEWSLETTER

FROM THE PRESIDENT

Food Waste. It is in our control.

In the media we hear stories about the dilemma of food waste. Can it be possible that we consumers waste between 30 and 50 percent of the food available to us? How can this happen? What can we as individuals do about it?

I have been studying food consumption and supply chains for a long time, and I am still amazed by the official statistics on food waste.* About one third of the some 430 billion pounds of edible food available in the U.S. is wasted at the retail and consumer end of the food supply chain. It is estimated that about two thirds of that loss takes place at the consumer (household) level. That translates into about 90 billion pounds of food valued at \$115 billion per year of wasted food.

The concern about food waste comes from several directions: economic loss, environmental damage in land and water use, moral dilemma of wasted resources in general, and projections about how many people could have been fed with the food that was wasted.

How does this waste happen? First, there are some losses involving trimming meats and vegetables, shrinkage in cooking, feeding pets, or donating food to charity that are not truly wasted food. But, in the U.S. food is plentiful and relatively inexpensive. On average we spend less than five percent of our incomes on food at home, so throwing some food away is not a big economic loss to most individuals. Most of us buy too much as we stock up for a week or more. We do not like to shop for groceries very often. Increasingly, we buy fresh products, which are more perishable and subject to spoilage. At home, food molds in the refrigerator and turns rancid or develops bug infestations in the cupboard.

* Technically, food that is truly wasted is a subset of food loss and the data quoted is based on food loss. But in the popular press all the data on food loss is referred to as “waste” and that is the term used here. (Buzby et al., 2014 <http://www.ers.usda.gov/media/1282296/eib121.pdf>)

An important factor that has recently been recognized as contributing to household food waste is “date labeling” on packaged foods. Once thought to be a good source of information for consumers, these labels have yielded some unintended consequences. Consumers often interpret all these date labels as a signal to discard food for safety reasons when in fact “best if used by” dates are placed by the manufacturer simply to indicate when the food is past its highest quality. “Use by” labels are the signal to use or discard or, in some cases, freeze the food product by the stated date. “Sell by” dates, are dates after which the retailer will (should) remove the product from the shelf. About one third of the product’s shelf life remains after this date, and these products are often sent to food banks or “soup kitchens.”

The message is that these date labels are confusing and may be counterproductive. Studies of consumers’ understanding of these labels find that only about 40 percent of consumers can correctly interpret the meaning of the labels. Many treat “use by” and “best if used by” as the same message leading many to toss out good, edible food. (Newsome, et al. 2014: <http://onlinelibrary.wiley.com/doi/10.1111/1541-4337.12086/full>)

What can we do about food waste? First, just recognize how much we waste and educate our families and friends. Seniors whose diets demand less food are especially vulnerable because we have to adjust our shopping habits and our portion control in cooking and eating. Also, when we eat away from home, we often cannot eat all the food we are served in a restaurant. Sharing meals and requesting those designer “doggie bags” help reduce waste.

As we exercise control over our food waste, we become better custodians of our diets, our environment, and our relationships with our fellow human beings. This is something we can do. It is in our control.

— Jean Kinsey, UMRA President
jkinsey@umn.edu

Have you renewed your membership yet?

This is a reminder that memberships expired on August 31. Don’t miss out on new benefits, the newsletter, and notice of UMRA activities. If you haven’t yet renewed, or have questions about membership, contact Virgil Larson, UMRA data manager, at larso071@umn.edu; 651-644-4562.

UMRA Photo Club meets November 20

To observe the holidays, the UMRA Photo Club, which had begun fall meetings on the fourth Fridays, will change their meeting dates in November and December to the third Fridays. Meetings begin at 1 p.m. at the Hennepin County St. Anthony Branch Library. Please contact Sheri Goldsmith May, goldso09@gmail.com for more details.

November workshop offers Movin' and Groovin' — just in time for Thanksgiving

How is the movin' and groovin' in your lifestyle? Come to this workshop on November 17 to explore opportunities for “fine tuning” your physical, mental, and social health.

Questions you may ask yourself:

- What brings me happiness?
- How am I promoting a healthy lifestyle for me?
- Am I reaching my full potential?
- How can I overcome barriers or challenges?
- What am I missing?

Martha Feda, MA, MLS, is a health coach. Her passion is assisting people to reach their highest potential. She has a master's degree in Organization Management from Con-



cordia University and master's from the University of Minnesota Liberal Studies Program in Public Health, Adult Education, and Gerontology. Her coaching education and skills are from Totally Coached, Inc. and the Center for Spirituality and Healing at the U of M. Martha has been coaching for 10 years in the metro area.

The workshop follows the luncheon meeting on November 17 at approximately 1:30 p.m. in Campus Club ABC. All members and guests are welcome to attend this workshop.

Upcoming workshops to focus on finances



On October 27 Carlson School professor Andrew Whitman led the first of three workshops on finances: Will your cash last? On January 26, the topic will be Retiree Health Finances; on March 22, Retiree Estate Planning.

Members will be asked to approve bylaw revisions at November luncheon meeting

UMRA bylaw revisions will be presented to the members for their approval at the November luncheon meeting. In preparation for this meeting, please see the UMRA web site: <https://umra.umn.edu>; click on the “About Us” menu item; click on the About Us – Documents pdf file: UMRA Bylaws 2015 Proposed Revisions” to read or download the revised bylaws and compare them to the current bylaws.

UMRA hosts 17 new members October 27

Below: Membership committee member Joyce Guelich (center) greets new members Beverly Bybee and Manjula Gopatra at UMRA's Welcome Reception and Orientation in the Campus Club Lounge prior to the October luncheon meeting.



Thank you to the College of Continuing Education and its LearningLife program for sponsoring the UMRA November Newsletter. See their announcement below. CCE also offers a 15 percent discount to UMRA members for LearningLife programs.

CELEBRATING 10 YEARS CELEBRATING 10 YEARS CELEBRATING 10 YEARS CELEBRATING 10 YEARS

HEADLINERS


CELEBRATING 10 YEARS CELEBRATING 10 YEARS

Mapping and Interfacing with the Human Brain

Dr. Bin He

December 3

cce.umn.edu/headliners

 COLLEGE OF CONTINUING EDUCATION
UNIVERSITY OF MINNESOTA

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at luncheon meetings, and help introduce them to other members.

Gloria M. DeRoode, U of M Child Development Center,
Bargaining Unit
1600 Rollins Ave. SE, P.O. Box 141074
Minneapolis, MN 55455
612-598-4735; deroo@umn.edu

Lonny and Francene Lebahn, Lab Medicine & Pathology,
Civil Service
2281 Edgumbe Rd., St. Paul, MN 55116
651-690-3700

Carolyn Manthel-Lund and Jon Lund, Government and
Community Relations, Civil Service
6553 Arthur St. NE, Fridley, MN 55432
763-571-6866; carolyn_jon17@hotmail.com

Thomas and Loree Stinson, Applied Economics, Faculty
2243 Ferris Lane, Roseville, MN 55113-3877
651-647-0501; 612-625-1217; tstinson@umn.edu

Saul Taylor, Department of Radiology, Faculty
2950 Dean Parkway #1401, Minneapolis, MN 55416
612-925-1313; staylor234@comcast.net

From the Cares Committee Bookshelf

The Wind Blows, the Ice Breaks: Poems of Loss and Renewal by Minnesota Poets. Edited by Ted Bowman and Elizabeth Bourque Johnson, 2010, Nodin Press: Minneapolis.

Two years ago the editors led an UMRA workshop, so some of you will remember this book. It is an extraordinary compilation of poems speaking to the human condition. Moving, insightful, hopeful are descriptions of the collected poems that come to me. Words often fail the best of us in times of loss, but these authors have found the words that will resonate with us at these times, and they have shared some beautiful poetry for such moments.

— Earl Nolting, Cares Committee

Become a reviewer for 'From the Bookshelf'

The Cares Committee wishes to request assistance from UMRA members in preparing the Newsletter's "Bookshelf" article. We know our members read widely and could share a short summary of any truly good book. The committee is especially interested in books dealing with health and aging, but reviews of good, well-written books on any subject are welcome. We would like to recommend one book each month, space permitting. Send your recommendations and reviews to umracares@umn.edu.

Civic engagement: An offer we can't refuse

Do you skip over the monthly URVC article when you see the "V" word? Are there more important matters than the needs of our community—or your own well-being? When we participate, we are engaged. We not only become intimate partners with those who use our skills, we become revitalized, mentally alert, psychologically uplifted, physically strengthened. You will live a fuller and longer life! Consider doing your part in the following projects:

Do you Ski or Snowboard? (At least "intermediate" level?) Would you like to teach this winter activity to those with developmental disabilities? Richfield Recreational Services is recruiting teachers for One-on-One on Thursday nights in January and February at Hyland Hills in Bloomington. **No cost to you:** lift tickets, rentals, and required training provided. For detailed information contact University Retirees Volunteer Center: urvc@umn.edu

New continuing Research Projects seek subjects:

- "Perception of Limb Movement" at Human Sensorimotor Control Lab (2nd stage of this study is now open to stage 1 participants)
- MRI Brain study of control group to compare with Alzheimer Disease group
- "Attention and Memory in Older Adults" by Psychology Department
- "Intranasal Insulin Study" for those with amnesic mild cognitive impairment or mild Alzheimer's Disease at Health Partners Center for Memory and Aging
- "Speech Intelligibility while Performing a Distractor Test" (control group to compare with Parkinson's patients) at Speech-Language-Hearing Science

Contact University Retirees Volunteer Center for any of these projects: urvc@umn.edu.

— Alan Kagan, project director for URVC

"Food for Thought" from the Cares Committee —
A little simplification would be the first step toward
rational living — Eleanor Roosevelt

1666 Coffman units available

UNIT 108, MORRIS, 1,018 Sq. Ft., 2 Bd Rm South-facing on Courtyard, Living/Dining, 2 Baths, Kitchen, Patio, List Price \$199,900. Lynden Realty; Barbara Swadburg 651-271-8919 MLS# 4627462

UNIT 118, MPLS, 1324 Sq. Ft., 2 BR + Den, 2 Baths, Living/Dining, Kitchen, Laundry, and Fireplace. Choice end unit w/3 exposures N.E. Price reduced to \$234,900. Jeff Machacek, Coldwell Banker Burnet, 612-925-8277

Staff and faculty retiree privileges at the University of Minnesota further explained

Retirees, both faculty and staff, retain lifetime access to their U of M Google e-mail accounts as long as they access them at least once every 3 months. See “Google Account End of Life Policies,” <http://it.umn.edu/google-account-end-life-policies>, where it states: “The retiree will retain lifetime access to the account.”

In an e-mail exchange with Peter Moore, who is OIT’s Service Director, Identity Management Services, he responded:

“Apparently there is no official HR ‘policy’ on account retention for retirees. The guideline that we’ve [OIT] been following for years is that retirees get to keep their accounts as long as they stay active (i.e. they check their e-mail or log-in every so often). I’m told that originally this only applied to retired faculty and later it was expanded to include all staff. If someone was told otherwise in the past they should try again. And if someone hasn’t been ‘active’ they can call Technology Help and ask for the account to be reinstated.”

University Services and privileges for retired faculty

Faculty privileges are defined in the University Administrative Policy, <https://policy.umn.edu/hr/emeriti>, which elaborates on the basic Regents Policy.

Faculty members who are granted emeritus/emerita status (all tenured and tenure-track faculty who retired in good standing) are entitled to the following services and privileges provided to regular faculty:

1. E-mail accounts (including internet access);
2. Library privileges;
3. Listing in the University directory and mail service;
4. Faculty discounts for computer hardware and software, recreation facilities, athletic events, and other performances and exhibitions;
5. Continued parking privileges at faculty rates, subject to space limitations when the next best alternative space should be offered;
6. Permission to audit graduate or undergraduate level courses, subject to the instructor’s approval and relevant University policies and procedures;
7. Access to health and dental insurance coverage at the faculty member’s own expense according to University retiree policy;
8. Participation in academic processions (graduations, convocations and the like) in a position of honor; and
9. The right to represent the University at academic ceremonies of other institutions upon appointment by the president.

These policies that pertain to faculty also appear to apply to retired P&A employees (although I have not been able to find a specific policy so stating). However they do not apply to other job classifications: civil service and bargaining unit.

But again, OIT policy as explained by Peter Moore does include civil service (staff) retirees. That means your login at @umn.edu, plus your University Gmail account plus other online Google services. But you must use your login once every 90 days, or it will be set to inactive.

If you do not currently have your umn e-mail account, and you want to have it, you may have it restored by calling the Technology Help desk at 612-301-4357.

—David Naumann, Board Member and co-Webmaster
dnaumann@umn.edu

Grants program continues for seventh year

The seventh cycle of grants to help retirees pursue projects related to their scholarship has been funded by Provost Karen Hanson and UMRA. All faculty members, professional and administrative, and civil service retirees from the Twin Cities and coordinate campuses of the University are eligible to apply for the grants (up to \$5,000). Guidelines for submitting an application are available at our website: umra.umn.edu. The deadline for applications is December 15, 2015. Awards are announced by the Office of the Vice President for Research by March 1, 2016. Grants begin April 1, 2016, and end on June 30, 2017.

Eligible expenses include travel and per diem costs related to conference participation, stipends for undergraduate and/or graduate research assistants, photocopying, the purchase of books, computer, software, and other relevant costs. Ineligible expenses include salary for the applicant and institutional overhead charges. UROP, the Undergraduate Research Opportunities Program, has agreed to fund the cost of undergraduate assistants who work with grantees. Details about UROP are in the guidelines.

Over the past six years, about 80 faculty and staff with diverse interests have received grants. Visit the website to read the abstracts of the professional development projects. If you have questions, contact Janice Hogan [jhogan@umn.edu] or committee members Judson Sheridan, Richard Caldecott, Calvin Kendall, Kim Munholland, Joanne Eicher, Russell Hobbie, Craig Swan, John Adams, Paul Quie, Hal Miller, John Howe, Roger Clemence, Bob Holt, Louis Janus, Donna Peterson, Dick Poppele, and Kathleen O’Brien.

—Jan Hogan, chair of the PDGR committee

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Minneapolis, MN 55455-2002

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3. Mail both to the address above.

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City, State _____
Zip _____ Phone _____
E-mail _____
Other Info _____

Website: www.umn.edu/umra
UMRA's phone: 612-626-4403

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 friends and families of:

Pam S. Bridson, Ortho Surgery, union member, died May 1, 2015. She joined UMRA in 2014.

Rosemary Hartup, Child Development faculty, died October 4, 2015. She had been an UMRA member since 1997. Her husband, Willard Hartup, continues as an UMRA member.

Evelyn Unes Hansen, Speech and English, General College faculty, died October 5, 2015. She was a member of UMRA until 2007.

UMRA Cares Committee is here for support

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

Also, if you learn of someone who is facing a difficult life challenge, please contact the UMRA Cares Committee.

Thank you to the University of Minnesota Foundation for helping to sponsor the November UMRA Newsletter.



**Giving stock:
a win for you...and the U!**

Giving appreciated securities to the University can provide an immediate benefit for the U and is more tax-efficient than giving cash.

By gifting appreciated securities you have held for more than one year to the U, you may receive a double tax benefit. You will avoid capital gains tax on the appreciation of the stock, and you can claim an income tax deduction for the current fair market value of the gift—subject to applicable tax limitations.

For more information, contact Lynn Praska at lpraska@umn.edu or call 612-624-4158.

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