

MARCH 2019

Minnesota Supreme Court Justice Lorie Gildea returns to campus for our March meeting

We are pleased to announce that Lorie Skjerven Gildea, chief justice of the Minnesota Supreme Court, will speak to UMRA at our March 26 luncheon. Among other things, she will comment on the effectiveness of the judicial system in Minnesota and her own



work as chief justice. Gildea is a devoted fan of Gophers athletics, and we expect she will express her thoughts in that realm as well. She is an engaging and eloquent speaker you will enjoy hearing.

Gildea is Minnesota's 22nd chief justice and has served in that role since 2010. Before that appointment she served as an associate justice on the Supreme Court for four years, and as a district court judge and prosecutor in Hennepin County.

Perhaps more importantly for our purposes she is an outstanding graduate of the University of Minnesota Morris, a perfect 4.0 student who earned her undergraduate degree in three years and once said, "The day I decided to attend UMM was one of the best days of my life." She was honored with UMM's Distinguished Alumni Award in 2007.

From 1993 to 2004, Gildea, a native of Plummer in northwest Minnesota, served as a litigator in the University's Office of General Counsel, representing the University in the most difficult and controversial matters.

Gildea graduated magna cum laude from Georgetown University Law Center and for several years worked in private practice for a well-known firm in Washington, D.C. She currently serves as chair of the Minnesota Judicial Council and last year was appointed by U.S. Chief Justice John Roberts to serve on the Judicial Conference Committee on Federal-State Jurisdiction.

Chief Justice Gildea is a hugely accomplished lawyer and an even better human being. Please welcome her back to campus and to our March forum.

—Bill Donohue, president-elect and chair, Program Committee

Come at 10:30 before luncheons

Thanks to the Campus Club, the West Wing Dining Room is available to UMRA members for coffee and conversation before our luncheons. There is no charge and no need to RSVP.

Parking reservations available

Email or call Judy Leahy Grimes to reserve parking in the East River Road Ramp. Inform the attendant (on duty 10 a.m.–noon) when you arrive that you have a reservation. Pay as usual when exiting, using your UMRA discount parking coupon.

UNIVERSITY OF MINNESOTA

MARCH MEETING
 At A Glance

Tuesday, March 26, 2019

Luncheon + Forum
 11:30-1:30 p.m.

Featured speaker
 Minnesota Supreme Court Justice
 Lorie Gildea

West Wing Dining Room
 Campus Club, Fourth Floor
 Coffman Memorial Union

Living Well Workshop
 1:30-2:30 p.m.

How to get a good night's sleep
 Michael Howell, M.D.
 Dale Shepherd Room

Menu

Seared wild Alaskan salmon with
 tarragon butter over colcannon
 potatoes with broccoli.

*For special dietary needs, please
 request when making your
 reservation.*

RSVP by Tuesday, March 19

Prepayment of \$20 per person;
 annual prepayers must make
 reservations.

Reserve and [pay online](#) or send
 your check payable to 'UMRA' to:

Judy Leahy Grimes
 1937 Palace Ave.
 St. Paul MN 55105-1728

Parking

\$6 maximum in University ramps
 with UMRA's discount coupon.
 To reserve parking in East River
 Road Ramp, contact Judy at
jleahy4654@aol.com or
 651-698-4387.

Success begets success

As many of you know, in recent years we've often had to cut off registrations for our monthly luncheons because of the limited capacity of Conference Room ABC in the Campus Club. To accommodate a maximum of barely more than 100 diners, tables must be set so closely together



it is nearly impossible to move around the room and interact with others. So, I am pleased to announce on behalf of the UMRA Board of Directors that in the coming program year all monthly UMRA meetings will be held as luncheons in the Campus Club's West Wing Dining Room!

Achieving this was not easy. Last winter the UMRA board assigned a small task force to explore venue options in the campus area. The task force concluded that, while other sites were possible, the West Wing presented the best option for us.

The Campus Club leadership has always been concerned about how their membership would react to reserving the West Wing for non-Campus Club members during the lunch hour. However, the Campus Club agreed to our request to pilot several West Wing luncheons this year.

A 'green light' for next year

With some creative arrangements on their part to accommodate Campus Club diners, and with large UMRA attendance at our West Wing luncheons in November and January (featuring Kathryn Pearson and Fred de Sam Lazaro), the Campus Club has given us an early "green light" to facilitate our planning for next year.

The West Wing easily seats 150 diners and allows for a comfortable social hour prior to the luncheon and speaker presentation. In addition, we are able to hold our monthly workshops in the Dale Shepherd room, adjacent to the West Wing.

Driven primarily by increased labor costs associated with the improvement in the minimum wage for the servers who staff our events, a modest increase in the charge for our luncheon meetings will be required. The UMRA board is reviewing the situation and will provide more information next month.

We are grateful for the Campus Club's cooperation, and we look forward to enjoying the West Wing's spacious and welcoming ambience as we come together for UMRA's monthly gatherings in the year ahead.

—Jerry Rinehart, UMRA president

March workshop: how to get a good night's sleep

Our March workshop will be on sleep—how sleep patterns are affected by aging and how to get a good night's sleep. Our presenter will be neurologist Michael Howell, M.D., named one of *Minnesota Monthly* magazine's "Top Doctors" in 2017 and 2018.

An associate professor and vice chair of education in the Department of Neurology, Dr. Howell is also medical director of the Fairview Sleep Center—Edina as well as program director of the Clinical Sleep Medicine Fellowship at Hennepin County Medical Center and the University of Minnesota. His clinical interests include sleepwalking and related disorders such as REM sleep behavior disorder, sleep-related eating disorder, sleep seizures, and other violent sleep behaviors.



Dr. Howell completed his undergraduate and medical degrees at the University of North Dakota and his residency in neurology at the U of M.

—Ron Matross, chair, Workshop and Cares Committee

1666 Coffman condominium for sale

112 Cloquet. 1,293 square feet, \$229,000. Two bedroom, two bath, enclosed patio, underground parking. Contact Ellen Walsh, Coldwell Banker Burnet, at 612-220-3304 or emwalsh@cbburnet.com.

1666 Coffman Condominiums will be hosting an Open House on Sunday, May 5, 1- 4 p.m. with tours of the units, building, and gardens plus refreshments.

UMRA forum now on YouTube

Did you miss our February forum, or would you like to hear the speaker again? Then go to the UMRA website where you'll find a link to a recording of U of M Athletic Director Mark Coyle's presentation, posted on YouTube.

UMRA has a history of excellent speakers and, going forward, we plan to make these presentations available to connect members unable to attend meetings and to introduce UMRA to future retirees.

Links to recordings of the UMRA forums will always be accessible on the [Monthly Programs](#) page (Home >Events >Monthly Programs).

—Cathy Lee Gierke, webmaster

February speaker Mark Coyle championed Gopher Athletics

On a cold and snowy day in February a hearty band of UMRA retirees gathered to hear U of M Athletic Director Mark Coyle. We were rewarded with an engaging and candid presentation about the direction and accomplishments of the Athletics department as well as a raft of statistical information about the current status of Gopher Athletics. Coyle also answered questions in a lively exchange that ranged from football to women's hockey and the salaries of coaches vs. the University president.

We learned that the Athletics department has 25 intercollegiate athletic teams, serves more than 700 student athletes, employs more than 275 full-time employees (plus 800-900 event staff), and has a current budget of \$121 million, which ranks eighth in the Big Ten.

Coyle emphasized the academic accomplishments of the student athletes. As a group they have achieved a 3.2+ GPA for 10 straight semesters and a graduation success rate of 93 percent—a department record.

"Doing it right matters here," Coyle said. "We want to do everything we can to achieve athletic excellence, to build up this University academically, and to prepare our athletes to be productive members of society."

The quality of the program is perhaps best demonstrated by Minnesota's ranking in the Learfield Directors' Cup. This is an annual competition among more than 300 schools that measures overall performance of athletic departments. Ours is ranked 19 which is in the top 7 percent. It shows a well-run and very competitive department.



Athletic Director Mark Coyle

Coyle also discussed the department's core values and guiding principles—action, honesty, humility, and innovation. "I'm around people who care. That's what I love about my job," he said.

The Athletics department is sometimes thought of as the "front porch" of the University because of its visibility and the fact that the first encounter with the U for many people is through athletic events. Based on our experience with Coyle, it appears the porch is in good hands and doing well.

—Bill Donohue, president-elect and chair, Program Committee



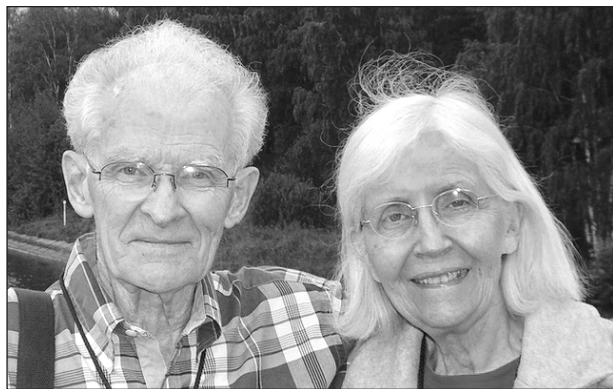
Arriving early for UMRA programs allows for socializing. From left, Lynn Anderson, Carol Cline Hedblom, and Bill Hedblom enjoyed a chat in the Campus Club's West Wing dining room before the November meeting.

HELLO, my name is Camilla Reiersgord

Hometown: Minneapolis.

When did you become a member of UMRA? In 2018. I joined with my husband, Arthur Klassen, retired professor of neurology. My parents both graduated from the U. As a student, my father was on the Gopher rifle team captained by Harold Stassen!

What was your very first job? We lived next door to Memorial Stadium. On game days the popcorn truck parked at our house and we parked cars in the yard. I graduated from the U at age 20 and tried medical school, but moved to Cincinnati at age 21 to work at Procter & Gamble.



Camilla Reiersgord and her husband, Arthur Klassen

Where were you in 1968? I was a student at the U of M Law school. Graduated from law school in 1970. There were 10 women in my law school class. I was a founding member of Minnesota Women Lawyers.

What is a fun fact about you we might not know? I worked in Dr. Ancel Keyes' lab in the 1950s. [Keyes, a pioneer in the field of nutrition science, studied the relationship between diet and health, research that landed him on the cover of *Time* magazine in 1961.]

What is something you currently enjoy doing with your time? I enjoy following the stock market. I have belonged to several investment clubs, but all have disbanded due to the chores of reporting everything. Appreciated stocks make good donations. I have a big yard and old trees, and this provides outdoor fun. My neighbors all have sprinkling systems. I still drag the hoses around. My 1909 home is a challenge. I'm told a horse slept in the basement. My home is located in two communities, Edina and St. Louis Park. This provides a lot of interesting opportunity for compliance.

February workshop offered overview of changes to Faculty Retirement Plan

Ken Horstman and Krisann McMahon from the Office of Human Resources provided an update on a pending change, from Securian to Fidelity Investments, in the record-keeping vendor for the University's defined contribution plans. As a result of the change, participants in the Faculty Retirement Plan and the U's voluntary retirement plans will have to review their investments and, in some cases, move them to different funds sometime next year.

The change was the subject of a request for proposals issued by the U in early 2018. Several major providers of these services submitted proposals that were evaluated by University financial staff. The eventual recommendation (Fidelity) to the Board of Regents was made by the Retirement Plan Governance Committee: Chief Investment Officer Stuart Mason, Chief Financial Officer Brian Burnett, Human Resources Vice President Kathy Brown, Retirement Subcommittee Chair Murray Frank, and Faculty Appointee Colleen Flaherty Manchester.

The committee chose Fidelity, and the regents approved the recommendation in October 2018. The change is being made to meet fiduciary responsibilities, align with industry best practices, increase transparency, and streamline the administration of the plans. The change is also expected to improve participant experience by making provisions more understandable and accessible, promote and improve education and counseling services, and restructure and simplify the fund lineup.



OHR's Ken Horstman (left) spoke with UMRA members Carl Adams and Frederick Bertschinger following the March Workshop

While not yet finalized, the lineup will have three tiers: Tier 1 (Do it for me) will be age-based, target-date retirement funds; Tier 2 (Help me do it) will be a core fund lineup of funds; and Tier 3 (Let me do it) will be a brokerage option giving access to a broad array of funds. The Securian General Account and General Account Limited are expected to be available under the new lineup.

For now, everything stays the same. There will be educational sessions in the fall and the change will actually occur in April 2020. Both Ken Horstman, senior director of total compensation, and Krisann McMahan, retirement programs manager, promised to return to speak with us again

—Bill Donohue, president-elect and chair,
Program Committee

In Remembrance

We report the passing of UMRA members and University leaders as we learn of these losses to our community. Our condolences to the families and friends of our colleagues.

Nils Hasselmo died January 23, 2019. A Swedish-born, Harvard-educated linguist, he served as president of the University of Minnesota from 1988 to 1997. Both the University and President Hasselmo faced challenges during his tenure, but undergraduate education was strengthened and, as the University's leader, he visited more than 60 communities across Minnesota to demonstrate the University's value. Dr. Hasselmo completed his academic career as president of the American Association of Universities (1998–2006). He is survived by his second wife, his children, their spouses and families. Two of Nils Hasselmo's grandchildren are current U of M students.

Subbiah “Ram” Ramalingam died February 9, 2019. Professor Ramalingam taught in the Department of Mechanical Engineering for 30 years. His major research focus included modeling thin films for tribological applications and intelligent sensors. He is survived by his wife, Vivian; both became UMRA members in 2010.

Douglas Wholey died February 6, 2019. A professor emeritus in the U of M School of Public Health, he was honored by the Minnesota Department of Health for contributions to the development of the Health Care Homes program in our state. Professor Wholey joined UMRA on his retirement in 2018. He is survived by his wife of 45 years, Dolores (Dori), and family.

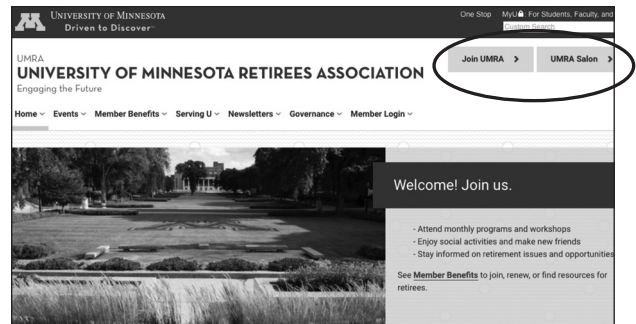
UMRA Cares supports members

For assistance and support in the event of the death or serious illness of an UMRA member or family member, please email 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.

Check out the new UMRA Salon

Soon, when you visit the UMRA website, you'll find a big yellow button marked “UMRA Salon” in the upper right corner of the home page. Click on it and you'll be taken to the UMRA Salon, a new online bulletin board and discussion area for members of UMRA.

Take a look at what people are talking about or log in with your U of M internet ID (x500 user name) and password to join the discussion. Here you can share and react to all kinds of topics—requests for rides or services, announcements from UMRA leadership, volunteer opportunities, classified ads, and whatever else you and others would like to talk about.



You can share recipes, share photos, review books, ask for help, and generally discuss any of the things you would discuss in person with friends.

The idea for the UMRA Salon came from discussions about ways to build community among UMRA members, especially those who aren't able to attend our monthly luncheons. More structured than Facebook, the UMRA Salon is intended to be a place where you can interact across the barriers of distance and disability to build friendships.

Please check it out and let us know what you think. We welcome your feedback and suggestions.

—Ron Matross, chair, UMRA Cares Committee,
rmatross@gmail.com; and Cathy Lee Gierke, UMRA
webmaster, leegi001@umn.edu

U of M Day with the Minnesota Twins

UMRA's Social Activities Committee invites you to the Minnesota Twins U of M Day at Target Field on Friday, May 10. Game time is 7:10 p.m. Pregame festivities start at 4 p.m. at the nearby alumni-owned Fulton Taproom.

The ticket package to this annual celebration, organized by the University of Minnesota Alumni Association, includes your ticket to the game plus a limited edition maroon-and-gold Twins cap. UMRA has reserved a block of 30 tickets, which must be purchased by April 19.



Go to umra.umn.edu>Events>Social Activities for details, including a link to select seats and purchase tickets. I hope you will join us for this event. Please contact me if you have any questions.

—Cherie Hamilton, chair, Social Activities Committee, 612-929-0233

Welcome new members to UMRA

Please give a hearty welcome to five new members who have joined UMRA since mid-January. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- Sherry Gray, Humphrey School of Public Affairs, director, International Programs, and lecturer, P&A
- Karen Johnshoy Hesla, Office of Student Finance, principal office and administrative specialist, AFSCME
- Mark S. Paller, Medical School, Department of Medicine, senior associate vice president for Health Sciences, faculty
- Richard Pfutzenreuter, Finance, senior vice president and CFO, P&A
- Theresa Tichich, College of Design, web manager and developer, civil service

Love science? Volunteer at The Bakken Museum

Volunteer to be a tour guide at The Bakken Museum, which nurtures enthusiasm for science with a special emphasis on electricity and applications in medicine.

Depending upon program needs, volunteers may lead school-age or adult tour groups through the museum or mentor young people as they explore projects related to the collections, exhibits, and experiences presented in the museum—including Frankenstein!

After completion of a training protocol, volunteers work alongside Bakken staff. Preferred qualifications include interest in science, technology, engineering, and/or math; experience as an educator; and excellent public interaction skills. Because many of the museum's visitors are young people, all volunteers must pass a background check.

The Bakken Museum is located in the historic West Winds mansion on the west side of Bde Maka Ska (formerly Lake Calhoun) in Minneapolis.

Contact the University Retirees Volunteer Center office at urvc@umn.edu or 612-625-8016 to register your interest.

—John Anderson, chair, URVC board

Food for thought

“Not everything that is faced can be changed.
But nothing can be changed until it is faced.”

—James Baldwin, author

Firsthand—experiences with aging

By Claudia Parliament

Returning to synchronized swimming after a 32-year hiatus has significantly altered my life. When my high school coach retired in 1993, several of us organized a show in her honor. We enjoyed it so much we started a masters synchro team, the Minnesota Northern Pikes, and since 1995 we have competed at the annual U.S. Masters Championships. My middle sister and I are the oldest members on the team, at ages 71 and 75. In our most recent national competition our six-member team placed second in our age group category.

Continued on page 7 ...

Continued from page 6 ...



Claudia Parliament (third leg from right), pictured while competing with the Minnesota Northern Pikes at the 2016 National Masters Synchronized Swimming Championships, says “synchro” has brought her enhanced health and enjoyment as she ages.

My youngest sister, who competed nationally and internationally in her youth, returned from California in 1998 and became the head coach of a local club. She asked us to help with coaching. Currently, the club has more than 80 swimmers, ages 8 to 19.

What keeps me coaching 5 days a week, 10 months a year? Primarily, it is the engagement with young women. Often, they start at a tender age with limited body awareness and control and leave as self-confident, poised women with life skills of teamwork, goal-setting, and focus. I have a 10-year window to watch them progress, longer than a classroom teacher or high school coach.

What keeps me swimming twice a week with our masters team? The friendship of teammates, the benefit of staying fit with the strength and flexibility needed to compete, and the satisfaction of feeling better about myself, both mentally and emotionally. In addition, synchro is a sport with few sports-related injuries—no broken bones, torn ligaments, falls or crashes—a concern as we age.

Conclusion: stay active, engage in a project, and do something you enjoy, perhaps bringing forward skills or interests from your youth.

If you would like to share a firsthand experience related to health and aging, please contact Ron Anderson, UMRA Cares Committee, at rea@umn.edu.

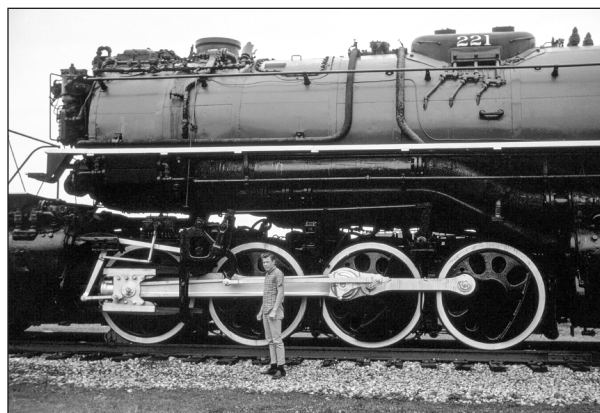
Photo Club to meet March 12

The March meeting of UMRA's Photo Club will begin with a presentation on photo composition by photojournalist David Hansen, recently retired from the U of M's Agricultural Experiment Station.

The group will gather on Tuesday, March 12, 12:30–2:30 p.m., at the St. Anthony branch of the Hennepin County Library. Come at 11:30 a.m. for a buffet lunch at the Great Dragon, across the parking lot from the library.

“Signs” will be the theme of the meeting. Participants are encouraged to send their theme pictures (in one email) to Dick Kain at kain@umn.edu by noon on Monday, March 11. Pictures are welcome even if you're unable to attend.

All are welcome. Contact Sherilyn Goldsmith May at gold009@gmail.com or Craig Swan at swan@umn.edu for more information.



“Transportation” was the theme of a recent Photo Club meeting, handsomely illustrated by Craig Swan’s 1965 photo of a 2-8-8-4 Yellowstone steam locomotive in Two Harbors, Minnesota.

Book Club to discuss *Educated: A Memoir*

Mariah Snyder will lead a discussion of *Educated: A Memoir* by Tara Westover when the UMRA Book Club meets at 2 p.m. on Friday, March 15, at 1666 Coffman in Falcon Heights. For more information, contact Pat Tollefson at p-toll@umn.edu.

For a review of the club's February read, *The Radium Girls* by Kate Moore, go to [umra.umn.edu/Events/Interest Groups/Book Club](http://umra.umn.edu/Events/Interest%20Groups/Book%20Club).

UMRA University of Minnesota Retirees Association

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

Thank you to the University of Minnesota Foundation for helping to sponsor UMRA's March newsletter.

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WEB give.umn.edu/waystogive



*The U of M Foundation does not give tax or legal advice.
Please consult your professional advisor before making a gift.*



Several UMRA members helped cheer the Minnesota Golden Gopher's women's basketball team to victory against the Rutgers University Scarlet Knights at Mariucci Arena on February 3, a gathering organized by UMRA's Social Activities Committee.

Go to umra.umn.edu>Events>Social Activities>Social Events for information about upcoming activities, including the Armchair Traveler program on April 9.