WSU Retiree Center
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Winona State University
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www.winona.edu/retiree

Interim Director: Ann Kohner
Office Manager: Nancy Amann
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WSU Retiree Center Mission
To support the mission of WSU and enrich the campus community as well as the lives of retired staff, faculty and administration by providing institutional connections between the University and retirees who may wish to continue their intellectual and social participation in collegial life and service to the University.

Advisory Board
Nancy Amann
Margaret Boland
James Bromeland
Marilyn Brower
Russ Dennison
Tim Hatfield
Bea Hoffman
Rich McDonald
Bill McBreen
James Reynolds
Steve Richardson
Janet Ruggeberg
Sally Sloan
Ronald Stevens
Michael Swenson
Bonnie Woodford
Kristi Ziegler

Parking Notice: Effective immediately, retirees with parking permits can PARK ANYWHERE on campus. This includes all gold and silver lots. If you don’t have a parking permit, please visit the Retiree Center.

2011 Living History Project Honorees and Students

Holiday Tea
Joan Valentine, Doris Schindler, Janet Ruggeberg, Marie Bush
We were pleased to host 42 people at the Holiday Tea. The cider was a big hit! Joan Valentine and Vicki Decker won the drawing for courtside seats at the January 7 basketball game.
Happy New Year!

The Retiree Center office has been busy this fall. Our retirees prove to me every day that retirement can be exciting, inspiring, and FUN. We are pleased to contribute to your busy schedule with educational, social, and volunteer activities that keep you engaged and connected to the University.

Enrollment in Senior University classes increases with each semester. Fall semester classes ended with record enrollment in the Three World Religions class. Spring semester Senior University classes are in full swing – check out the class list in this newsletter. We invite you to submit ideas for future classes. Perhaps there’s even a class YOU would like to teach!

On December 2 we premiered the Living History Project interviews with Gary Grob, James Nichols, Cal Winbush and Linda Wood. Once again the TV Topics students and Professor Robin O’Callaghan produced an engaging testimonial of the contributions our retirees have made to the Winona State community. Please take a moment to read the Living History article in this newsletter and consider honoring a colleague with a Living History nomination.

There’s something else we would like you to consider. The Retiree Center Advisory Board is looking for WSU retirees interested in serving on the board or one of the many committees. There is a short article in the newsletter which will answer some of the questions you may have regarding board service.

We also have a few social events coming up this spring and summer including the Spring Retirees Luncheon on April 19, the poetry reading with Emilio Degrazia on March 27 and a couple of chances to see the Twins play at Target field (thanks to Alumni Relations for sharing tickets with us!) on June 15 and August 1. Watch your e-mail and mailboxes for details on all of these events.

I don’t know about you, but January always brings to my mind income tax filing. I found a short article at the link below that offers a bit of tax advice for people over 50. http://www.lifeafter50.com/news/2011/jul/26/tax-tips/. AARP is also a great resource visit them online at aarp.org. Good luck, and remember what Will Rogers said about taxes, “If you make money, the government shoves you in the creek once a year with it in your pockets, and all that don’t get wet you can keep.”

Take care – and don’t be a stranger! We love when you visit.

Ann Kohner
Interim Director, WSU Retiree Center

Dickens! A Celebration
Showing of – “The American Magic Lantern”
Tuesday, February 21, 2012
Somsen Auditorium - 6:00 p.m.

Black History Month:
An American Legacy: The Negro Baseball League
Tuesday, February 21, 2012
Kryzsko – East Hall – 7:00 p.m.
Guest Speaker: Byron Motley, singer/songwriter/filmmaker/lecturer/author and photographer is producing a television documentary about the historic Negro Baseball Leagues.

Showing of – “Oliver Twist”
Wednesday, February 22, 2012
Science Laboratory Center Auditorium – 7:00 p.m.

All-University Annual Campaign Kickoff Planned
The All-University Annual Campaign kickoff event is scheduled for Winona (Thursday, February 23, 2011 at 2:30 p.m. in East Hall of Kryzsko Commons) and Rochester (Thursday, February 23 at 10:30 a.m., Room CF 206/208). Come and join other retirees and university friends in this annual social event, complete with wonderful refreshments, drawings for prizes, good conversation and an update on the University from President Ramaley and others.

Showing of several Charles Dickens’ silent films
Wednesday, February 29, 2012
Science Laboratory Center Auditorium – 7:00 p.m.

A Medieval Madrigal Mystery Dinner Theatre
Directed by Harry Mechell
March 2, 2012
Lourdes Hall – 6:30 p.m.

Social Justice Programming: Remember Me
Monday, March 19, 2012; Kryzsko – East Hall 7:00p.m.
Guest Speaker: Sanela Ramie Jurich, author of Remember Me
Follow 15-year old Selma Jovanovic’s journey through love, despair, hope, and peace during the Bosnian War.
You Mean There’s Race and Other Ism’s in my Movie
Thursday, March 22, 2012
Kryzsko – East Hall – 7:00 p.m.
Guest Speaker: Frederick Gooding
The discussion goes “behind the scenes” to explore the ways in which media’s images are consciously created, manipulated and distributed for public consumption.

Winona Oratorio Chorus Performance
Performing Handel’s Messiah, Parts II and III
April 1, 2012
Cathedral of the Sacred Heart -- 3:00 p.m.

Asian/Pacific Islander Heritage Month
Truth Tellers: The Hmong American Experience
Tuesday, April 12, 2012; Kryzsko East Hall – 7:00 p.m.
Performers: Center for Hmong Arts and Talent (CHAT)

WSU Music Gala Weekend:
WSU Jazz Ensemble
April 20, 2012
Performing Arts Center Main Stage – 7:30 p.m.

WSU Chamber Orchestra
April 21, 2012
Performing Arts Center Main Stage – 2-4 p.m.

WSU Choir Concert
April 21, 2012
Performing Arts Center Main Stage – 7:30 p.m.

Twins Games
June 15, 2012
Brewers vs Twins
7:10 p.m.

August 1, 2012
White Sox vs Twins
12:10 p.m.

We are sharing tickets with Alumni Relations and we will have a bus available. To reserve tickets, call the Retiree Center at 457.5565 or email Ann Kohner at akohner@winona.edu.

Retiree Center Advisory Board

The Retiree Center Advisory Board invites you to join the Board or a committee. Membership is open to all retirees of Winona State University, but at this time the Board is particularly interested in filling retired staff member positions. The Senior University, Living History, and Newsletter committees are also looking for new members.

We recognize that many of you have other obligations and may not be able to attend every Board meeting; please don’t let that deter you from serving on the board. We ask Board members to attend monthly business meetings and scheduled Retiree Center events as their time, schedules and other obligations permit. Additionally, members are asked to serve on one or more of the standing committees of the Retiree Center.

Please give some thought to joining the Retiree Center Board or one of the committees. For more information, contact Ann Kohner at 507-457-5565 or akohner@winona.edu.
Living History Project: Request for Nominations

The Living History Project (LHP) is an annual program, usually occurring during fall semester, which honors four to five Winona State University (WSU) retirees. The Project creates a video documentary archive of retired faculty, staff and administrators who have made notable contributions to the history of the University. Since the LHP’s inception in 2005, members of WSU’s Retiree Center advisory board, in partnership with Professor Robin O’Callaghan and her Television Topics class, have honored 25 WSU retirees.

The Living History Project Committee would be grateful to receive nominations for honorees to be recognized during the 2012-2013 project year. Nominees must be WSU faculty, staff or administrators who formally retired from WSU. Nominations may be submitted by any current or retired WSU employee by completing the form below. A nomination does not insure selection and is good for only the next year’s (i.e., nominations do not carry over to subsequent year’s projects) Living History Project. The criteria used to select honorees consist of six un-prioritized, equally important factors. The criteria include: age/health status, retirement date, notable contributions (visibility on campus, service to the University, impact on students), their WSU story, gender (strive for a mix of male and female retirees), and University position (strive for a mix of retirees from faculty, staff and administration and all bargaining units).

Living History Project Nomination Form

Please complete all of the following information for your proposed nominee:
Today’s date:

Name of person submitting this form:
   Address:
   Phone Number:
   Email address:

Nominee’s name:
   Address:
   Phone Number:
   Email address (if known):
   WSU department or office from which nominee retired:

Rationale/justification for this nomination: (please attach a separate sheet if necessary) (e.g., How has this nominee distinguished herself/himself? How has he/she impacted students and the campus community?)

Please submit this nomination form in writing or via email no later than May 1, 2012, to:
   Ann Kohner, Interim Director
   WSU Retiree Center
   227 West Wabasha St. Or akohner@winona.edu
   Winona, MN. 55987
Senior University Spring 2012 Courses

Ancient Creation Myths
*Emilio Degrazia, English Professor Emeritus*

A study of creation myths as scripted in Mesopotamian, Greek/Roman, and Hebrew texts. Various interpretive models to be considered.

**Thursdays, February 9, 16, 23, March 1, 8**
2:00 – 3:30 p.m. Maxwell 257

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Architectural Monuments of the Western World
*Dominic Ricciotti, Art Professor Emeritus*

A discussion of a single architectural monument representative of its era comprises each of the five class lectures. Considered too are various thematic links among the buildings, whether architectural, philosophical, or conceptual. Sculpture made for the building and how it relates (through iconography or style) to its function is also explored. Each lecture includes additional examples of the featured building’s type so as to illuminate its style or its meaning.

**Tuesdays, March 27, April 3, 10, 17, 24**
1:00 – 3:00 p.m. Maxwell 257

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Aldo Leopold’s Legacy:
The Conservation Ethic
*Bruno Borsari, WSU Biology Professor, Tex Hawkins and Eric Nelson, retired U.S. Fish and Wildlife Service; Joe Tadie, Saint Mary’s University Philosophy Professor*

This course will focus on the conservation ethic and environmental achievements of Aldo Leopold, one of the most famous environmental pioneers of the 20th century. Participants will read and discuss Leopold’s *A Sand County Almanac*, view the documentary, “Greenfire,” and engage in a full afternoon field trip to a local prairie and watershed that illustrates Leopold’s influence. Note: Optional day field trip to the Leopold Center and Sand Hill Crane Foundation, Baraboo, WI (additional cost) on May 23.

**Wednesdays, April 25, May 2, 9, 16**
1:00-3:00 p.m. Kryzsko, Dining Rooms E, F, G

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Give 2012 a Fresh Start

1. Think green. That is drink green tea. It prevents some cancers and lowers LDL and promotes weight loss. Don’t forget green leafy vegetables.

2. Indulge in dark chocolate. It increases blood to the brain, helps you see more clearly, and improves muscle movements.

3. Cook for a healthy heart. Eat wild salmon (lowers triglycerides, makes platelets less sticky), tomatoes (lowers blood pressure), garlic (lessens hardening of the arteries) and lima beans (contain magnesium that triggers vasodilatation easing strain on the heart).

4. Give someone a pardon. lowers blood pressure, heart rate, depression, anxiety and anger. Oprah says, “Forgiveness is letting go of the hope that the past can be changed.”

5. Exercise more. 30 minutes of daily exercise maintains weight and reduces heart attacks and strokes by 30%. Do the talk test—you should be able to speak but not sing. Take 10,000 steps each day by clipping on a pedometer.

6. Sleep more. Try for at least 7 hours. Drink chamomile tea, try books on tape for adults, or make the room a few degrees cooler and darker.

7. Don’t eat before bedtime. Eating 70 minutes to two hours prior to bedtime could decrease your risk of stroke by 76%.

8. Talk to your relatives about your genes. An on-line tool is available at familyhistory.hhs.gov. Do you have hypertension, cancer, heart disease or diabetes in your family? Print out your report from the internet and give to your doctor and family.

9. Break up your daily routine. Switch from decaf to caffeinated coffee (inhibits cancer cells), and eat a snack post workout instead of waiting for the next meal (milk, yogurt or fruit help repair muscle tissue.)

10. Expand kindness in your life—it raises the happy hormones. Call an old friend or relative you have not talked to in awhile; hold a door for someone. Smile at someone for no reason. Life is all about relationships. Do whatever it takes to make your 2012 a healthy, memorable year!!

Information taken from internet sources and The Oprah Magazine, January 2012.

Karen Gardner, Professor of Nursing, Emeritus

It's funny how one winter can be so different from another. Last winter started out with numerous, heavy snowfalls, while this winter started out with little snow and mild temperatures. From a tree's viewpoint, it seems that the deep snow insulates the roots of the tree, and fewer problems occur the following spring. This winter's early lack of snow plus the low rainfall in the fall may point toward problems this coming spring. Will the mid-January snow help? Time will tell.

Let's take a look at one of the newer spruces the nurseries are offering as both an ornamental and Christmas tree. The Meyer Spruce is closely related to the Dragon Spruce of China and resembles the very popular Colorado Blue Spruce tree. It seems like everyone would like to have a Colorado Blue Spruce in the yard. Its attractive blue needles and conical shape make it a popular choice for any landscape.

However, the Meyer Spruce is a nice alternative to the Colorado Blue Spruce and has a number of advantages. It has a very dense blue green foliage and is very winter hardy. So it is tailor made for our Minnesota winters. Because the Meyer Spruce can tolerate our humid summers better than the Colorado Blue Spruce, fewer fungal problems should plague the Meyer Spruce. Finally, the tree can grow to over 40 feet. The disadvantages include having a slow growth rate and being difficult to find at your local nursery. Be persistent. I found a tree farm in northern Minnesota that grows the tree.

This finely named tree can be found at the main entrance to the Tau Center on the West Campus. Standing next to the smaller Meyer Spruce, which was planted about 3-4 years ago, are several mature Colorado Blue Spruces. Make a point of checking this tree out.

Bill Meyer, 2010, Senior Groundskeeper
Contributing Columnist
Necrology

Madeo “Moon” Molinari  
Physical Education  
October 20, 2011

Robert “Bob” Allen Wilke  
Husband of Janet Wilke  
Oct. 24, 2011

Kenneth Peterman  
Maintenance  
November 4, 2011

Ronald Flint  
Psychology  
November 18, 2011

Charles Lanik  
Maintenance  
December 4, 2011

Costa Rica  
Travel Study:  
Environmental Policy  
June 8 – 22, 2012

Come with us to study environmental policy in Costa Rica. Traveling with specialists in environmental policy and conservation issues, you’ll meet with internationally recognized leaders of Costa Rica’s conservation movement. Professor Darrell Downs and Tex Hawkins will lead this rare opportunity to study the environmental politics and policy of Costa Rica, and have a great time doing it!

You will visit Costa Rica’s first national park, Santa Rosa, and explore controversial beach developments and water shortage issues on the Nicoya Peninsula. Then it’s to Mt. Arenal, an active volcano, and the rainforests of the Nectandra preserve. You will see exotic birds (great for you birders!), howler monkeys, and coati – this is a once in a lifetime experience. **You can expect considerable walking on this trip.** The terrain will vary from modest inclines on potentially very muddy national park trails to busy city sidewalks to sandy beaches and tide pools. You should be capable of carrying your own luggage (short distances) and loading and unloading luggage from the bus.

The estimated cost of all travel, insurance, lodging, three meals per day, and entrance fees is approximately $2,900 per person. Gratuities, incidental shopping, and optional recreational fees (zip line and sea kayaking) are not included. There is a non-refundable $500 registration fee. The registration deadline is February 28, 2012.

Contact WSU’s Travel Study department – Maxwell 105 or dengel@winona.edu, to learn more about this exciting trip.

Please let us know if your address or email changes, so we can keep you informed on Retiree Center events.

Contact the Retiree Center at 507.457.5565 or Ann Kohner at akohner@winona.edu.

We honor and mourn our University colleagues who have recently died. We recognize the richness of each life, the gifts these members have brought to many, and loss felt by family and friends.

(Full obituaries available on the WSU Retiree Center Website: www.winona.edu/retiree/memoriam.asp) If you know of colleagues we have missed, please contact Retiree Center at 507.457.5565, or send an email to retiree@winona.edu.
Retiree Center SAVE THE DATE

February 23: Socrates Cafe Discussion Group, 2-4 p.m., Retiree Center

March 16: WSU Photo Archive Project, 10-12 p.m. & 1-3 p.m., 2nd Floor, East Reading Room, Darrell W. Krueger Library

March 22: Socrates Cafe Discussion Group, 2-4 p.m., Retiree Center

March 27: Poetry Anyone?, 7-8:30 p.m. Winona History Center, Main Foyer, Poetry reading with Winona’s Poet Laureate, Professor Emeritus Emilio Degrazia. Please bring a poem to share! Light refreshments served.

April 10: Retiree Breakfast, 9-11 a.m., Purple Rooms, Kryzsko Commons

April 19: Spring 2012 Retiree Center Luncheon, 11:30 a.m. -- Social, 12 p.m. -- Lunch and Program, Kryzsko Commons East Hall, Please join us in honoring Winona State’s new retirees!

RSVP to Ann Kohner at akohner@winona.edu or call the Retiree Center at 507-457-5565.

April 26: Socrates Cafe Discussion Group, 2-4 p.m., Retiree Center

May 8: Retiree Breakfast, 9-11 a.m., Purple Rooms, Kryzsko Commons

June 12: Retiree Breakfast, 9-11 a.m., Purple Rooms, Kryzsko Commons

June 21 & 22: Grandparent’s University 2012 -- Registration will begin in mid to late February – keep an eye on the website for information on classes and registration – winona.edu/retiree.