WSU Retiree Center
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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
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2014 Retiree Center Winter Social

We had a great time at the Retiree Center Winter Social in December! I'm glad so many of you were able to attend. It was a wonderful party. Retirees Gene Lundak and Stewart Shaw were festively attired!

Jan Pickart and Barb Boseker also arrived in their holiday finery!

Parking Notice: 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.
Director’s Report

Well, I apologize in advance...this newsletter is longer than usual! There are so many interesting and exciting opportunities and events coming up that I couldn’t stop myself from telling you about as many of them as possible! I was just telling Nancy this morning how much I enjoy putting together this newsletter. It forces me to be an authority about all of the fun and interesting things happening on campus and in the Winona community. Nobody has an excuse to be bored in our neck of the woods even during these cold months!

We’ve been busy as usual in the Retiree Center office over the past few months. There are some great Senior University courses being offered this semester. We still have room for more students in “French Music of the ’40's” being taught by Jeanine Black. The course begins March 2nd, so register soon if you’re interested...it should be a very fun class!

Speaking of Senior U, we have two wonderful summer courses planned for you (see details on page 4). We will also be offering five exciting majors for Grandparents University held on June 25-26 (page 3). Registration for Grandparents University and Senior University summer session courses will be open soon. We hope you will consider joining us this summer for some or all of this terrific programming!

An Ad Hoc Travel Committee consisting of several members of the Retiree Center Advisory Board has been created to research and plan travel opportunities for retirees and alumni. We have met with a couple travel companies and are considering our options. More information will be coming soon! If you’re interested in joining this committee (or any of our Retiree Center committees) please let me know. We’d love to have your input!

I hope you are able to find some things in this newsletter to help you enjoy the weeks ahead...let’s all hope for an early spring! Nancy and I look forward to seeing you soon.

Jessica Kauphusman
Interim Director, WSU Retiree Center

Upcoming Events

SAVE THE DATE!

10th Annual Retiree Spring Luncheon

This year we will be celebrating the Retiree Center’s 10th Anniversary at the annual spring luncheon. There will be a special program and we’ll even throw in a surprise or two!

Thursday, April 30, 2015
11:30 a.m. Social
12:00 p.m. Complimentary Luncheon
12:30 p.m. Program
East Hall, Kryzsko Commons

Please contact the Retiree Center to RSVP for this fun event! Call 507.457-5565 or email retiree@winona.edu.

Common Book Events - Spring 2015

Author Tracie McMillan will not be returning to campus this spring, but there will be several events related to her book, The American Way of Eating.

Wednesday, Feb. 11, 7 pm, SLC 120:
Film screening of Food Chains

Monday, Feb. 16, 7 pm, East Hall, Kryzsko:
Panel Discussion of “Food and Action”

Wednesday, Feb. 25, 5 pm, SLC 120:
Film screening of Grown in Detroit
This year we have five exciting classes to offer. From Lego Robotics to Playwriting, we have something to interest almost every taste! Consider joining us this summer with a grandchild or another special young person in your life!

EXPLORING THE SCIENCE OF LIGHT:
Have you ever wondered how we know what stars are made of? Or why when we look at the Andromeda Galaxy in the night sky, we’re looking into the past? Or how a telescope works? This class will offer fun, hands-on activities to investigate the answers to these questions and many other fascinating properties of light!

TELLING TALES FOR THE STAGE:
Do you love telling stories? Do you dream about having your words brought to life on the Broadway stage? If so, this course is for you! In this class we’ll write an original short play based on a ‘mash-up’ of fairy tales filled with storybook characters! In this digital age of on-demand videos and amazing computer graphics we’ll discover why the simple act of bringing stories and characters to life on stage is still one of the world’s most popular art forms.

MYSTERIOUS MICROBIOLOGY – THE GOOD, THE BAD, and THE UGLY:
Discover the microbes that live EVERYWHERE – they are in us, on us, and all around us in places where you least expect! You will grow and view these microscopic bugs (bacteria, molds, germs, viruses, etc.) using high-powered microscopes. Come prepare to be amazed and, at times, a little “grossed out” by all the microscopic critters living in our environment!

FAMILY OUTDOOR (AND INDOOR*) ADVENTURES:
Get outside and experience some of the best outdoor activities the Upper Mississippi River Valley has to offer. Geocaching canoeing, and kayaking are some of the best family activities during the summer months. Learn the basics of these fantastic lifetime activities and share experiences in a beautiful outdoor setting. You’ll also have a chance to test your mettle on the low and high ropes courses and other adventure activities. *NEW FOR 2015: Students will be able to experience WSU’s brand new 6,000 square foot indoor climbing wall! (Don’t worry...if you would rather cheer your grandchild on than participate, that’s fine!).

LEGO MINDSTORMS – INTRODUCTION TO ROBOTICS:
This class will offer students the opportunity to embark on an adventurous challenge with Lego NXT technology in order to design, assemble and program robots. You will program your robots to perform tasks, compete in races, run an obstacle course, and complete other challenges created by you! No prior experience with computer programming or robots needed.
We have a couple exceptional Senior University courses to offer this summer. I’m sure these classes are going to fill quickly, so register early! Summer registration will be open in late February/early March.

**Mysteries of the Upper Mississippi: Geology and Ecology of a Large Floodplain River**

Instructors: Toby Dogwiler & Bill Richardson  
Date: Thursdays; June 4, 11, 18, 25, July 2 & 9  
Time: 2:00 - 4:00 p.m.

Ever wonder what goes on in the murky waters of the Mississippi River and how the river and its valley were formed and got to be where they are today? If so, this is the course for you. We will Investigate the geologic history of the Mississippi, its dynamics and processes, its many life forms, and its many ecological systems. The course will include hands-on experiences in the WSU STaRS Flume lab and on the Mississippi River, including a class period on the vessel Cal Fremling, as well as a foray into the backwaters of Aghaming park. Limited enrollment.

**Outdoor Adventures**

Instructor: Eric Barnard & Ross Greedy  
Date: Wednesdays; July 8, 15, 22 & 29  
Time: 9:00 - 11:00 a.m.

Gain an appreciation and concern for our natural environment while exploring outdoor activities. Learn new skills, meet new people and get outside! Activities include geocaching, rock climbing, canoeing and kayaking, as well as high & low ropes course initiatives and elements. All activities follow the challenge by choice philosophy and are facilitated by nationally certified instructors. Step out of your comfort zone and join others in four weeks of new adventures in the Mississippi River Valley! Limited enrollment.

Eric Barnard, director of WSU’s Outdoor Education & Recreation Center, and his staff are highly-trained outdoor professionals. He is committed to inspiring individuals to become lifelong advocates for sustainability, conservation and healthy lifestyles.
Volunteer Opportunities

Retiree Crew Members Needed on the Cal Fremling!

Do you like boating, the great outdoors and some physical exercise? Interested in helping others enjoy and learn about the Mississippi River aboard the Cal Fremling? Here is your chance to get involved with WSU’s new floating classroom on your own terms! The Cal Fremling needs backup (to regular student) crew members on an irregular and short notice basis for the spring, summer, and fall (April 1-November 1, 2015).

All crew members must be in reasonable physical condition to perform crew member duties, be comfortable in and around water, hold current Standard First Aid/CPR certification, and pass a drug screening test (at university expense). Drug screening is required of all crew members by the U.S. Coast Guard. Compensation options (volunteer or at minimum wage) are available.

Crew member duties include, but are not limited to, performing all assignments pertaining to the operation of the boat (e.g., docking; lifting up to fifty pounds; securing anchors and lines; etc.) as directed by the vessel’s captain; attending to the loading, safety and comfort of all guests on board the vessel; serving light refreshments to passengers as needed; stocking boat supplies; and, administering emergency first-aid as needed. Other duties may also be assigned by the captain.

Interested retirees are encouraged to email their contact information (name, local address, phone number, and email address) to James R. Reynolds, at jreynolds@retiree.winona.edu or Captain Rudy Beshensky, at capt_beshensky@yahoo.com before April 1, 2015.

Retiree Volunteer Opportunities at Winona Health

Wellness Volunteer: The wellness volunteer will help support activities in the health and wellness departments and events that promote community wellness.

Glady D. Miller Gift Shop – Enjoy working retail, helping customers find that right piece of jewelry or clothing item, or displaying merchandise? If so, this is the place for you!

Aviary – If you enjoy watching birds, would you like to help take care of the aviaries in Lake Winona Manor? Takes one hour a week, and residents and their families will chat with you while you provide care to the birds.

Dining Room Host/Hostess – Provide a positive and nurturing environment for the residents of Lake Winona Manor. Looking for volunteers who are committed to enhancing the dining experience, possess good communication skills, are flexible, and willing to serve hot food and drinks, clean and set tables, and like to work in a team setting.

Hospital or Clinic Information Desk – Help visitors, patients and families with wheelchair escorts, deliver flowers to patients and staff members, give direction to customers as needed, meet and greet Winona Health vendors, provide additional help to staff members as requested, keep waiting areas neat and clean.

2nd Floor Clinic Information Desk – Provide direction to patients and customers, provide wheelchair escorts, keep waiting areas neat and clean, keep patient pagers clean and ready for use, assist staff with office projects.

Caring Hands – give a warm, healing hand massage to our residents and patients. Training sessions will be given to learn how to give a gentle, basic hand massage. Hours are flexible once training is complete!

Crafts and Entertainment – If you enjoy playing games, making crafts, and talking with people one-on-one, Winona Health’s therapeutic recreation department has the perfect volunteer opportunity for you!

Contact Winona Health Volunteer Manager, Kris Walters by phone 457.4342, or email krwalters@winonahealth.org to find out more about these opportunities.
As we approach the middle of the winter season, we start to think about spring. One of the spring rituals my wife and I always seem to do is the planting of a tree or two. Although each spring we say we are done planting trees, each spring we plant a few more trees. It happens every year and I’m sure it won’t change this spring. We will probably plant at least one evergreen and one deciduous tree of interest.

One place to get ideas for planting trees is our very own WSU Arboretum. With its fifty-two species of Minnesota native trees and about the same number of non-native trees, choices are virtually limitless. During the winter the evergreens have the most to display; their dark green needles provide a striking contrast to the white snow. One standout evergreen that can be viewed on the WSU campus is the Swiss Stone Pine. It can be found several hundred feet from the northwest corner of the Tau Center on WSU’s west campus, near the fire pit.

On a sunny spring day this past May, a new Swiss Stone Pine was planted at the Tau Center. Third grade students from Jefferson elementary school in Winona, their teachers, and members of the All-University Landscape Arboretum Committee worked together to plant the new tree. Involvement of all-aged students in tree plantings is a goal of the Arboretum Committee, along with the use of the WSU grounds as a “living classroom.”

The Swiss Stone Pine, also called the Arolla Pine, is a very slow growing tree that is a good choice for small yards. It has soft, green needles that resemble the White Pine. The Swiss Stone Pine has a resistance to the drying effects of the winter winds and is extremely hardy to the cold temperatures. However, it is sensitive to salt spray, so keep this in consideration when choosing a planting site.

The wood of the Swiss Stone Pine has a number of unusual attributes. Scientists at the Joanneum Research Center in Austria investigated the effects of the Swiss Stone Pine wood on sleep quality. In a blind study, heartbeats were reduced by nearly 3,500 per night. As a result, the wood is often found in beds in health conscious European hotels.

The Swiss Stone Pine is one of the few Pine trees that produce an edible nut. The Pine nut can be found in the cone where it can take up to three years to mature. The costly nuts are very difficult and slow to harvest but can make a pesto dish very tasty. The Swiss Stone Pine is one of the sources for the nut in Europe while in the United States the pine nut often comes from the Pinyon Pine which is usually found in the southwest.

Take a look at the Swiss Stone Pine on the west campus of WSU. You might decide that this European tree would be the perfect addition to your landscape.

**Socrates Café Discussion Group Enters Seventh Year!**

Stimulating topics! Diversity of thought! Reasoning with evidence! NO consensus necessary! Best of all: no homework, no tests and no worries! These are among the characteristics describing the WSU Retiree Center’s Socrates Café Discussion Group. As it enters its seventh year, after hosting over sixty discussions on wide-ranging topics, the Socrates Café invites you to "try on" one of its discussion group meetings to see if it suits your interests.

Should there be limits to free speech on a university campus? Should corporate owners be able to enforce policies reflecting their personal values onto employees? What is beauty? Does political rhetoric influence thought and action? Is “progress toward human perfection” a valid idea? Can the beliefs of science and religion be reconciled? What is the nature of “truth?” Is there “class warfare” in the U.S.? These and many other topics have been among those discussed.

Come and exercise your brain by participating in challenging yet rewarding discussions in a friendly and supportive environment. The discussion group meets on the fourth Thursday of each month (except in November and December) from 2-4 p.m. at the WSU Retiree Center (Alumni House 227 W. 7th St., Winona, MN 55987). All WSU retirees and their guests are welcome. Refreshments provided. Call or email Jessica Kauphusman, Interim Director, WSU Retiree Center (457-5565; jkauphusman@winona.edu) or Jim Reynolds (jreynolds@retiree.winona.edu) for more information.
More Upcoming Events

The Lyceum 2015 Speaker Series
The Lyceum Series is the premier speaker series at WSU. It was initiated in 1989 to present events that provide unique cultural enrichment and educational opportunities for the Winona and Rochester campus communities. Internationally renowned speakers present topics in the sciences, the arts, politics, literature, popular culture and more.

Chris Farrell
Free Public Lecture
@7:00 p.m. on Feb. 26 at the PAC Main Stage Theatre.

Chris Farrell is economics editor of Marketplace Money, a nationally syndicated weekly personal finance show produced by American Public Media. Chris is also economics correspondent for Marketplace, the largest business program in broadcasting and chief economics correspondent for American RadioWorks, and contributing economics editor at Business Week magazine. Chris is a graduate of Stanford and the London School of Economics.

Jake Runestad
Free Public Lecture
@7:30 p.m. on April, 24 at the PAC Main Stage Theatre.

Award-winning composer Jake Runestad, WSU alumnus, is noted for his versatility and wide range of expressive capabilities with music driven by soaring melodies, driving rhythms, and lush textures. Considered “highly imaginative…with big ideas” (Baltimore Sun) and “stirring and uplifting” (Miami Herald), Jake is a composer with diverse musical experiences, spanning several continents, that have given him a reputation as one of the most creative and innovative composers of his generation.

If you’re like me, you’re excited to see some of the great films that the Frozen River Film Festival is bringing to town this year! Here are a couple of the special events being held during the festival weekend.

What Makes a Story Work?
FEBRUARY 20, time and location TBD
Thomas Pope, a professional screenwriter for 30 years, has written for Francis Coppola, Ridley Scott, Barry Levinson, Penny Marshall, Frank Oz, Robert Redford, Wim Wenders, and many others. His presentation will explain the secret mechanisms that hold a plot together. We all know a story has a beginning, a middle and an end. But what makes it move and come alive? What’s the hidden engine that powers events, characters, plot and theme?

Winona LaDuke
FEBRUARY 19 @ 6:30-8:00 PM, location TBD
Winona LaDuke (Anishinaabe) is an internationally acclaimed author, orator and activist. A graduate of Harvard and Antioch Universities with advanced degrees in rural economic development, LaDuke has devoted her life to protecting the lands and life ways of Native communities. Outspoken, engaging, and unflaggingly dedicated to matters of ecological sustainability, Winona LaDuke is a powerful speaker who inspires her audiences to action and engagement.
Upcoming Events

Orpheum Theater Performance
We are pleased to announce this fun collaboration with the WSU Alumni Office. Please join us at the Orpheum Theater performance of Jersey Boys! We have arranged for a coach bus from Winona to Minneapolis.

Date: Sunday, May 3, 2015
Production: Jersey Boys
Location: Orpheum Theater; downtown Minneapolis
Time: 1:00 p.m. Matinee Performance
Seating: Balcony 6 & 7; rows K, L (see seating map below)
Cost: Ticket only: $45.00 per person
      Ticket w/ bus: $63.00 per person
Bus Info: Leaving Winona from the back edge of the Walmart parking lot (955 Frontenac Dr.) at 10:00 a.m.
NOTE: You may wish to pack a lunch for the bus trip. You will have time before the performance to visit the gift shop or grab a snack/beverage.

After the performance, the bus will take us to the Mall of America for a little shopping and/or dinner. The bus will depart from the MOA for the trip back to Winona at 7:00 p.m. and is expected to arrive in Winona by 9:15-9:30 p.m.

About Jersey Boys: “They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard… and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again.

Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, JERSEY BOYS. From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that’s just too good to be true.”

To reserve your ticket and bus seat, please send payment and contact information (name(s), address, phone) to: WSU Retiree Center
PO Box 5838
Winona, MN 55987-5838
An Important Message from Stewart Shaw about the All University Annual Appeal...

Financing university education is very tough for many of Winona State's current students, and getting tougher. Bill Koutsky discovered that when he, Joanne Rosczyk and Pat Nolan were asked last summer to recommend the most qualified applicants to receive the new Retiree Center scholarship.

Bill, Joanne and Pat were appointed to an application screening committee representing WSU’s more than 400 retirees. They were confronted with the impossible task of reviewing over 300 applications. Most of them came from students with a genuine need for financial support.

The committee had to tighten up their screening expectations in order to review finalists carefully. They decided to limit their review to seniors who had never previously received scholarship help and who had a cumulative grade point average of 4.0. That reduced the field to nine students. Two of them with great need were selected to receive a $500 scholarship—an amount determined by the generosity of retirees who during the first year of its existence designated the Retiree Scholarship fund as the place they wanted their gifts to go. The 2014-2015 recipients are Jessica Schuster and Samantha Hartfiel.

The Retiree Scholarship fund is one of the many options for giving through our All-University Annual appeal. The 2015 All-University Campaign Kick-Off will be on Wednesday, February 4th, on the Rochester campus, and on Thursday, February 5th, on the Winona campus. You are invited! The Rochester event will be held from 10:00 to 11:00 a.m. on the 4th in CF 206/208. In Winona it will be from 9:45 to 11:00 a.m. on the 5th in the Student Activity Center on the lower level of Kryzsko Commons.

These events will be celebrations of generous contributions from graduates, faculty and staff members and friends of our university as well as those of retirees, and an appeal for giving in 2015. Exhibits of student/faculty special projects supported through gifts to the annual fund will be displayed. You’ll have a chance to renew friendships with former colleagues and meet current employees. There will be refreshments and many door prizes will be given away.

Gifts to the Annual Fund may be designated to specific programs or other scholarships as well as to the Retiree Scholarship. Undesignated gifts are used for scholarships, in particular, along with special projects or other areas of greatest need.

The Retiree Center Board hopes that over time the Retiree Scholarship Fund will grow in size so that it can become an endowment. Then only earnings from the invested fund will be used annually for scholarships, and the principle will be retained and grow in perpetuity. Ideally in the future the Retiree Scholarship will invest much more than $1,000 annually in the futures of some of our university’s best students, and benefit many more than two of them.

Meanwhile, Bill Koutsky will be helping other worthy and needy students complete their WSU education. So impressed was he with not only the number of qualified students who applied to receive Retiree Scholarships but also the challenges and handicaps that many have overcome to get as far as they have that he has assured two of additional students that through his efforts they will not fail to achieve their university education because of financial reasons.

Bill's generosity should inspire all of us to give generously to the university and its students that meant so much to us during our employment years.

Jessica Schuster             Samantha Hartfiel
Important information about your retiree library privileges from WSU Krueger Library Technician, Mackenzie Morning:

Every fall the MNSCU office runs a report that purges all library patrons who have been expired for more than a year from our circulation system. This is because our subscription for the circulation software is based on the number of patrons we have in the system. As retired faculty and staff, you get to retain the perks of your previous positions at WSU by being able to access the online databases, request interlibrary loans, and check out materials - as long as your library account exists.

How can you make sure that your account stays in existence?
The easiest way is to physically check out items at the WSU Library. If your ID is ever expired or close to expiring we can extend it at that time. If that is not possible, you can call the library’s front desk at 507.457.5149 or email us at library@winona.edu to check on your patron status. As long as your record is still in existence we can extend the expiration date without having you come to the library in person.

I’ve been deleted from the system! Now what?!
If at all possible I would recommend contacting me either by phone 507.457.5433 or email; mmorning@winona.edu, so that when you do come in, the students at the front desk are aware of your special request. You will need to come to the library to fill out paperwork and show a photo ID in order for us to enter you into the circulation system again. I would recommend using your Retiree ID for this so that we can reuse the library barcode on the back.

We Remember...

Marian Gerson
Spouse of Retiree
Robert Gerson
January 20, 2015

Tom Hirsch
Mass Communications
Archives
January 22, 2015

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 the 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.

Please remember to keep the Retiree Center updated with your current mailing address and email. If you need to report a change, please email retiree@winona.edu or call (507) 457-5565.

We are a 2-person operation, so if you’re planning to stop in at the Retiree Center, please call to make sure that Nancy or I am in the office. We will try our best to keep you updated about any office hour changes.

"You are never too old to set another goal or to dream a new dream..."
- C. S. Lewis
Nancy and I watched from shore as the Cal Fremling pulled away from the dock for the 2014 Retiree Fall Reunion ride on October 23rd.