Welcome New Retirees

The Annual WSU Retiree Center Luncheon was held on April 30th, 2009. Recent retirees were honored for their contributions to Winona State University:

- **Gene Barum** • Maintenance
- **John Burdick** • Social Work
- **Joe Foegen** • Business Administration - 51 years
- **Carol Galbus** • English
- **Alejandro Gallegos** • Economics/Finance
- **Maureen Guillou** • Health Services
- **Goldie Johnson** • English
- **Kristi Lane** • Psychology
- **Carole Madland** • Social Work
- **Dennis Martin** • Institutional Research
- **Celeste Miller** • Education
- **William Mullen** • Business Office
- **Mary Ann Pevas** • Economics/Finance
- **Joyce Quella** • Math & Statistics
- **Judith Russell** • Admissions
- **Carol Rustad** • Chemistry
- **Rosine Tenebaum** • Foreign Languages
- **Joan Valentine** • Liberal Arts
- **Maudie Williams** • Educational Foundations, Research, Tech.

Congratulations to all the above 2008-2009 faculty and staff retiring from Winona State University. We invite you to visit WSU Retiree Center soon to learn about the Privilege Card benefits and activities available. More importantly, lend your ideas and energy to our groups and events.

**SUMMER HOURS**
WSU Retiree Center - Summer Hours
June 1 to July 31, 2009, 8 am to 12 noon
2008-2009 Retirees Honored at WSU Employee Recognition - April 1, 2009


Just a Note from the Director...

... the time for the Newsletter seems to come around so quickly. I was thrilled to see many of you attend the annual WSU Retiree Luncheon last week. We appreciate having you on campus and enjoy creating an opportunity for you to visit with each other. At the same time, the new retirees get a feel for the pleasure you have found in your retirement. The group of retirees this spring certainly are feeling the joy - I just had to share the photo of them at the Employee Recognition... look at those happy faces.

Welcome 2008-2009 WSU Retirees - you are a great addition to WSU Retiree Center. Included in this group is Dennis Martin, a friend to all - he has served on the Retiree Center Steering Committee since it’s inception in 2004 as a current employee. He contributed his talent of assessment and assisted in creating surveys to assure we are answering the needs of WSU Retirees. He is going to take some time to start enjoying his retirement and will return to the Steering Committee to serve as a retiree in the future. Thank you, Dennis, as well as Dave Robinson, Jim Mootz and Blanche Peters who are departing the committee this year... you have provided foresight, promotion, time and talent to bring the WSU Retiree Center to Winona State.

Judy Routhe and Charlie Zane, Steering Committee members, have taken the lead to provide more social events - they have created fun events for the next three months. Read the articles in this edition and sign up to join us at the Eagle Center, Steamboat Days and a Twins game. The newsletter is a great place to share information with each other - we have guest columnists this issue. Let me know if you want to send out news of what you are doing. Enjoy your summer. I hope to see you soon. -- Cathie
The All-University Annual Campaign kicked off in February 2009 to help raise funds for student scholarships, academic programs and special projects. Retirees have started to respond to the campaign but additional contributions are needed to help meet the need of over 75% of the WSU student body who depend on some form of financial assistance to help fund part of their educational costs.

If you have already given to this year’s campaign, know that your gift has been warmly and gratefully received. If you have not yet given, please make your tax-deductible contribution at any level to the WSU Foundation before June 30, 2009. Your gift, whether for the scholarships, academic programs, special projects, like the Integrated Wellness Complex or National Child Protection Center, or for the area of greatest need, will have an immediate impact at the University.

There is also a need by the All-University Annual Campaign for several retiree volunteers on occasion to help with various campaign related projects. If you can spare a small amount of time, maybe along with some of your other WSU retiree friends, to help, for example, write personal thank you notes to donors, make reminder phone calls about the Annual Campaign to other retirees, participate in the All-U Campaign Committee, or become involved in other University Advancement activities like helping at alumni or friends events (e.g., Homecoming or Steamboat Days) or teach a class as part of the Alumni College during Homecoming, please contact Cathie Logan at the Retiree Center (457-5565) or Cindy Jokela, University Advancement (457-5087). This is another way you can stay connected with the campus community to help it flourish, and to know that your contributions will be valued and acknowledged.

As retirees who take great pride in the distinctive and high quality educational service WSU provides, together we can make a meaningful difference through our continued involvement in and contributions to WSU. We hope you will join us in renewing your commitment to this fine and wonderfully historic University. We look forward seeing you on campus at one of the many Retiree Center events.

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**WANTED:**

**Newsletter Editor**

Dave Robinson needs to resign from his position assisting the Retiree Center as the Newsletter Editor – he has helped the last two years to get the paper in shape to be printed. We need an Editor – if you have a knack for putting together newsletters, or enjoy writing short articles, staying up to date with WSU Retirees and are willing to help with the WSU Retiree Newsletter four times a year, we need you. I assist with story ideas and solicitation, and Tina (Student Office Assistant) does all the set up for printing, - we need you to assist with layout and deadlines. Want to give it a try? Call 457-5565 if you have questions or want to volunteer. It will be fun. And thank you, Dave, for all your help.

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**STEAMBOAT DAYS**

Saturday, June 20, 2009 - WSU Retiree Center will co-host the Beverage Tent for Steamboat Days with Alumni Relations, 4-6 pm. There will be entertainment, food, prizes and special guests. Join us! If you need a Steamboat Days pin, come to the Retiree Center.
AN INVITATION

-- From Jean Leicester, Education, Retiree

I’d like to tell you about something that is near and dear to my heart these days—singing in a hospice choir. Over seven months ago I joined just such a choir in the Twin Cities, the Morning Star Singers. It has been a profoundly joyful and extraordinarily loving experience for me, so much so that I’ve decided to establish a similar choir here in Winona. I am looking to gather a community of volunteers who love to sing and will contribute their time with the gift of their voices to bring song and comfort to those facing challenges in living and dying.

Vision for Winona Hospice Choir

I envision that our choir will function as a loving vocal community to bring a repertoire of diverse songs from many traditions. The spirit of the music will range from gentle and soothing to uplifting and lively; music and a presence that honors the situation and preferences of each client. Singing can reach through physical, emotional, and spiritual distress for the person with terminal or chronic conditions.

• The recipients of the bedside singing receive the comfort of music in a difficult time.
• Family members also benefit from the presence of kind voices as do staff at nursing homes, hospitals, and hospices who hear the music as they do their work.
• Those of us who sing benefit from being part of a community learning new songs, forging new friendships, and most importantly, knowing we have been of service.

How to Join

If you wish to become a member, email me at jleicester@winona.edu.

Reading music is not necessary as we learn songs using the oral tradition. Practice CD’s and lyric sheets will be made available.

GOOD NEWS . . .

Hello Everyone,

I just wanted to let you know the good news. I am now a published author!!! My first novel is being released. You can pre-order and be the first on your block to read it.

You are probably wondering what I wrote about... well it’s not music. It’s called “Milford Spitz and the Very Fast Machine” and it is a fun story about... oh heck...let me give you all the websites where you can read about it and order a copy:

Publisher website: www.synergEbook.com
My website: www.jameshoch.com

My website has a brief blurb what the story is about. Now this isn’t going to win a Pulitzer prize and it’s not the great American novel, but it’s an entertaining story. I sure had a good time writing it.

The book is an ebook. Do you know what that means? It is an electronic book that you can read on your computer, palm pilot, blackberry, iPhone or iPod Touch, and many other electronic readers. More and more people are finding the benefits of ebooks and how wonderful reading an ebook is. Personally, I just bought an iPod Touch and absolutely love reading my books from it.

At any rate, I hope you’ll stop by the websites. On my web site there’s a place where you can contact me. I would love to know what you think of the book and touch base with you.

Thanks for letting me give a shameless plug for my book. It really is exciting. I continue to write when ever I can squeeze in some time. I am nearly finished with my second novel and then will begin the sequel to the book just published It’s a thriller!! Hope you are all doing well!

Take care,

-- James Hoch, Music, Retiree
National Eagle Center

WSU Retiree Center Invites You
Thursday, May 28, 2009
Bus trip to the National Eagle Center,
Wabasha, MN, &
River Social, Minneiska

The program involves an eagle handler with explanation of the lives and habits of eagles, and an eagle feeding will be provided depending on the bird's appetite. Feel free to take pictures with the eagle. They have 4-rescued eagles at the center; 3-female bald eagles, and 1-male golden eagle. Additional information on the Eagle Center is available at:
http://www.nationaleaglecenter.org/index.htm

Schedule:
• 12 Noon - Meet at WSU South Silver parking lot Huff & Sarnia - Winona Street entrance
• 12:15 pm - Bus departs
• 1:00 pm - National Eagle Center self tour
• 2:00 pm - National Eagle Center program
• 3:30 pm - Bus departs to Charlie Zane’s for social
• 6:00 pm - Bus departs for Winona

Fee: $5.00 each attendee
Cost includes bus transportation, admission to National Eagle Center, and appetizers. Bring a beverage of your choice. There is limited bus seating, so sign up early!

If you wish to provide your own transportation, contact Retiree Center for directions.

RSVP: Friday, May 22, 2009, 457-5565 or email: retiree@winona.edu

ElderNetwork - Volunteers

The reason for publishing the following information in the WSU Retiree Center Newsletter is two-fold: 1) You may know someone that would benefit from the services, and 2) You may feel it is a volunteer position that lends itself to your talents and schedules.

Elder Network is a nonprofit organization empowering older adults to transition in life changes.

Two programs in Winona County; Peer Support and Respite Care need volunteers.

Respite Care: Respite care gives time to the caregivers of adults over age 55 to take a break while confidently leaving their loved ones with a trained volunteer. Respite care volunteers provide nonmedical companionship once per week.

Peer Support: Peer Support volunteers make weekly home visits to assist older adults who are experiencing difficulty with issues of aging and health issues, by providing support and encouragement, as well as helping older adults access other community resources.

Time commitment: 1.5-2 hours per week.
Volunteers are given 28 hours of training on topics including: normal aging process, wellness, exercise, spirituality, mental health, loneliness/isolation/depression, addictions, loss/grief, social support networks, and peer support techniques.

All volunteers need to pass a criminal background check and have a means of transportation.

Are you ready for some baseball?

Twins vs Yankees – July 7, 2009 – Game time is 7:10 pm. Bus will leave from South Silver Lot (Lincoln School) on the Winona Street side. Details will be emailed, or call Retiree Center after June 1 – 457-5565.
We have a great time on the bus – and you don’t have to drive or find parking.
### WSU Retiree Center Summer 2009 - Save the Date

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>May 12</td>
<td>Retiree Breakfast by University Advancement, 9 a.m., Purple Rooms, Kryzsko.</td>
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<tr>
<td>May 21</td>
<td>Socrates Cafe Discussion Group, 2- 4 p.m., WSU Retiree Center</td>
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<td>May 28</td>
<td>National Eagle Center Program &amp; River Social, 12 p.m. - 7 p.m.</td>
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<td>June 11</td>
<td>Municipal Band - Free Concerts - Lake Park Bandshell, Wednesdays, 8 p.m.</td>
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<tr>
<td>August 13</td>
<td>Retiree Breakfast by University Advancement, 9 a.m., Purple Rooms, Kryzsko.</td>
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<tr>
<td>June 12</td>
<td>Steambest Days Beverage Tent, 4 - 6 p.m., Co-sponsored by WSU Retiree Center</td>
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<tr>
<td>June 20</td>
<td>Minnestoa Beethoven Festival, Order tickets, 507-457-1715 or online at <a href="http://www.mnbeethovenfestival.com">www.mnbeethovenfestival.com</a></td>
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<td>July 19</td>
<td>Twins &amp; Yankees Baseball Game, 7:10 p.m.</td>
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<td>July 14</td>
<td>Retiree Breakfast by University Advancement, 9 a.m., Purple Rooms, Kryzsko.</td>
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<td>August 11</td>
<td>Retiree Breakfast by University Advancement, 9 a.m., Dining Rooms C &amp; D, Kryzsko.</td>
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Save the dates and join us for the fun! Questions? – call the WSU Retiree Center, 457-5565! Check out WSU Retiree Center website, www.winona.edu/retiree