The **Newsletter**

Hello Retirees,

I hope you are having a happy summer! I sure have been enjoying the warm weather. As I am writing this newsletter today, it is 91 degrees and feels like 97. That's a little TOO warm for me. I'm sure for those of you living in the south/southwest, 91 sounds pretty good right about now! I can't imagine dealing with the heat that you have been experiencing this year.



Retiree Center

It's hard to believe that fall semester is right around the corner. We have two Senior University classes starting very early this fall. We are repeating Mark Peterson's Senior U Lite course on "Winona's History and Interesting

Architecture" in August because it sold out so quickly last spring. Unfortunately, it is sold out again, but I will be in touch with Mark about offering it again soon. We also have Rosine Tenenbaum teaching a course on "Remembering the French Revolution" beginning on September 5th which has also just sold out. You can see the details about our fall roster of classes on page 4. We still have some room in all of our other courses, so register soon if you're interested.

We have been enjoying getting together for retiree breakfasts this spring and summer. President Olson stopped in to say a few words of goodbye at our July breakfast. He has been so supportive of the Retiree Center. We will really miss him. He said that when he retires from the Chancellor position, he would like to be added to the Retiree Center as a member. He also wants me to keep him apprised of our day trips to the Orpheum. He said that he and Kelley would love to meet up with our group whenever possible. Did you know that



WSU is the only MN State school with a Retiree Center? We are lucky, and we owe a debt of gratitude to Ron Stevens and Jim Reynolds for having the idea and the wherewithal to get our center up and running. The other MN State schools don't know what they are missing!

Speaking of our day trips, we have a fun trip planned on September 21st to see *Beetlejuice* at the Orpheum. We still have a few <u>tickets</u> left. I've heard the sets are just amazing. I'm looking forward to it. Check out the calendar on <u>pages 10-11</u> to see all of our upcoming events, and to get the dates saved for our fall and winter socials and the Living History Premiere.

After our last retiree breakfast, Carol Jefferson (pictured left) stopped in at the Retiree Center. On her way in, she found an invasive plant species (Oriental Bittersweet) mixed in with our front yard plantings. Apparently, it can grow several inches in a day, and it smothers all of the plants around it. Facilities has been notified and will work on eradicating it.

Nancy and I would like to wish you a wonderful end to summer and beginning of fall. We hope you enjoy reading this newsletter. We would love to see you at one or many of the in-person events we are planning for this fall and winter. I want to thank David Robinson, Bill Meyer, Mark Kruse, Amy Runck, and Nancy Reynolds for their contributions to this edition of the newsletter. Hope to see you soon!

RETIREE CENTER MISSION STATEMENT

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.

RETIREE VOLUNTEER/JOB OPPORTUNITIES

Advisory Board

Brian Aldrich Nancy Amann Jean Bellman Debbie Block Heather Dieterman Carol Galbus Sue Groth Tracy Hale Sandra McNab Nadia Miranda Ann Rethlefsen Rill Reuter Judy Shepard Richard Shields Kendra Weber

Contact Us

1st Floor of the Alumni House 227 W. Wabasha St.

Winona State University PO Box 5838 Winona, MN 55987

507-457-5565 <u>Retiree@winona.edu</u>

www.winona.edu/retiree

Director: Jessica Kauphusman

Office Manager: Nancy Amann Become a Friend of the Arboretum at WSU!

Interested in donating a few hours occasionally as a campus volunteer? Do you like or need some purposeful, outdoor, physical exercise? Need some "green therapy" to soothe the soul, calm the mind, and chase away the blues? Do you enjoy making new friends and socializing with like-minded garden and landscape enthusiasts? Want to impact campus



beautification to attract new families and students to WSU? If any of the above (or your own reason) sound appealing, consider becoming a Friend of the Arboretum at WSU!

Friends of the Arboretum periodically help our talented landscape staff with a variety of projects. Weeding and maintaining the campus gardens enables folks to learn about flowers and ornamental grasses plus sustainable practices for home gardens. Assisting with the annual Arbor Day events (e.g., tree planting with school children, giving away free tree seedlings, posting original WSU student poems about trees around campus, helping school children calculate the environmental and economic benefits of tree species, promotion activities about Arbor Day) help educate persons of all generations about the benefits of trees to a healthy environment. Helping with tree removal when needed enables the prompt replacement and maintenance of the campus collection of tree species representative of Minnesota's biomes. Assisting with tree or garden tours of the campus helps educate the public. These and other opportunities that make a difference for the campus landscape await you.

To become a Friend of the Arboretum at WSU, email or text Nancy Reynolds (<u>nreynold@hbci.com</u> or 507-429-7120) or email Amy Runck (<u>arunck@winona.edu</u>), co-chairs of the WSU Arboretum and Land Stewardship Committee to express your interest. As volunteer opportunities become available, you will receive an email to which you may respond indicating your availability. It's easy to volunteer -- no pressure, no obligation, just good fun, and lots of satisfaction!

Elder Network-Winona County is seeking caring volunteers for our Friendly Visitor program. Visitors make weekly visits with older adults who are living alone or in need of social interaction. Volunteers provide socialization, companionship and fun. Time



commitment is 1-2 hours/week. A back ground check is required and training and support is provided. For more information and to sign up, please contact Danelle Lawson at 507-452-0580 or email <u>danellel@elder-network.org</u>.

Elder Network is also hiring Non-Medical Respite Companions for Winona County. We are looking for dependable, compassionate, self-directed individuals who enjoy working with older adults. Previous work with seniors a plus. This position requires a background check and on-going education and support is provided. Immediate, flexible, part-time positions available. Send resume to: Danelle Lawson, Elder Network, 902 E 2nd St., Ste 321, Winona, MN, 55987 or email danellel@elder-network.org.

SPRING LUNCHEON 2023 PHOTOS

It was exciting to be able to hold our annual Retiree Spring Luncheon in person again this year! We had a great turnout, and it was obvious that people really enjoyed being together again. This is just a sampling of the photos from the luncheon. If you'd like to view all of the photos, please visit our Retiree Center <u>Facebook</u> page.





SENIOR UNIVERSITY FALL 2022

Here is a look at the Senior University classes for Fall 2023. Classes will be held in person on the WSU campus. <u>REGISTRATION</u> is open!		
Senior U Lite: Winona's History & Interesting Architecture	Mark Peterson Maxwell 158 August 21st class only Sold Out!	Mondays August 21, 28 1:00-2:30 p.m. August 28 class will be a bus tour \$25.00
Remembering the French Revolution	Rosine Tenenbaum Maxwell 257 Sold Out!	Tuesdays September 5, 12, 19, 26 1:00-2:30 p.m. \$40.00
World History Multimedia Presentations	Gene Pelowski Maxwell 158	Mondays September 11, 18, 25, October 2 10:00-11:30 a.m. \$40.00
SENIOR U LITE: The Healing Forest: An Introduction to Nature & Forest Therapy	Sara Holger Maxwell 257 September 20th class only	Wednesdays September 20, 27 Sept. 27 class at Whitewater State Park 1:00-2:30 p.m. FREE - Suggested goodwill donation to Friends of Whitewater State Park
Mental Health First Aid For Adults	Connie Mettille Maxwell 257	Thursdays October 5, 12, 19, 26, November 2 1:00-3:00 p.m. \$60.00 (includes book)
The Evolution of Pandemic Viruses	Osvaldo Martinez Maxwell 257	Mondays October 9, 16, 23, 30 November 6 2:30-4:00 \$40.00

WSU ANNOUNCES INTERIM APPOINTMENTS

Originally published on WSU News

KEN GRAETZ

Dr. Ken Graetz is appointed to serve as interim AVP for Academic Affairs and Dean of the Library, effective July 19. He currently serves as Director of Teaching, Learning and Technology Services and will continue in this role during the interim appointment, working alongside a talented, dedicated team of professionals to help the campus community use technology to support teaching, learning, and working at Winona State. Ken joined the Winona State community in 2002. Previously, he served as an Associate Professor in the Department of Psychology at the University of Dayton, where he also co-directed the Ryan C. Harris Learning and Teaching Center. He earned his bachelor's degree in psychology from the University of Wisconsin - Madison and his Ph.D. in social psychology from the University of North Carolina at Chapel Hill.

ROBIN HONKEN



Robin Honken is appointed to serve as interim CIO, effective July 19. She currently serves as Director for Digital Transformation and User Services, in which she oversees the Technical Support Center, eWarrior Program and development team. The dev team - which focuses on improving efficiencies on campus utilizing tools like BP Logix, Salesforce and others - is currently working closely with system office staff on planning for NextGen and will be instrumental in the implementation of Workday on campus. Robin started at Winona State in 2001 and has served as Project Manager in IT as well as IT Director. Prior to WSU, she worked in Technical Support and Training at Winnebago Software. Robin earned her bachelor's degree in political science from the College of St. Benedict and her master's degree in educational leadership from Winona State. Robin lives in Rushford with her husband, Mike. They have three children and two grandchildren.

NICOLE WILLIAMS

Winona State University announces the appointment of Nicole Williams to the position of Interim Dean of the College of Science and Engineering, effective July 17, 2023. Williams has served as Chair of the Mathematics and Statistics Department at Winona State University since 2015. She was appointed to the faculty at Winona State in 2004 and previously served as a fixed term faculty member from 2000 to 2002. Williams received her Ph.D. in Mathematics Education and her master's degree in Mathematics from Illinois State University, and her bachelor's degree in Secondary Mathematics Education from University of Maine at Farmington. Williams assumes leadership of the College of Science and Engineering from Charla Miertschin, who served in the role of Dean from 2014 to 2023.



KARA LINDAMAN



Winona State University announces the appointment of Kara Lindaman to the position of Interim Dean of the College of Liberal Arts, effective June 21, 2023. Lindaman is currently the Chair of the Department of Political Science, Public Administration and Ethnic Studies. Additionally, she has held positions as the Coordinator of the American Democracy Project, NCAA Faculty Athletics Representative, IFO Board of Directors, and WSU Faculty Association Executive Committee. Lindaman received her Ph.D in Political Science (public administration and American politics) from the University of Kansas and began her employment with Winona State University in 2006. Lindaman assumes leadership of the College of Liberal Arts from Peter Miene, who served in the role of Dean from 2016 to 2023.

GUEST COLUMNIST - DAVID ROBINSON

As I write this I am looking down the barrel—a la the opening of a Bond movie—at this summer's film offerings. Although not in the same mortal situation as 007, I can feel my heart sink at what's coming my way. To wit: the fifth episode in the 42-year old franchise of the Indiana Jones series, in which the now 80-year old Harrison Ford has another run at saving the world. Being of the same age, I think that it's time and past time for Prof. Jones to accept emeritus status and quietly fade away. Similarly, the relatively youthful Tom Cruise ought to start acting his age (61) and stop with the derring-do already. He being now the producer of the current Impossible Mission offering, his driving a motorcycle off a cliff holds little suspense as to whether he will survive.

Last but decidedly least, I will be boycotting the Barbie Movie. Call me sexist, but I didn't play with dolls when I was a kid, and I'm not interested in starting now. And I like pink as well as the next person, but an entire movie saturated in that color could induce nausea. As to the "plot," I've read that one of the biggest tensions in it involves Barbie's discovering that her feet are going flat. Imagine the tragic implications for her footwear. Oy!

Since I am not expecting to enter a theater, I am returning to my roots as an English prof and recommending a couple of books about, well, movies. (There's just no escaping their ongoing allure for me, the nasty interruption of the pandemic notwithstanding.) Full disclosure: I actually listened to one of them, a choice for which my aging eyes thanked me. That one is entitled *"Oscar Wars: A History of Hollywood in Gold, Sweat, and Tears,"* written by one Michael Schulman, a staff writer for the *"New Yorker."* As the title implies, it's an ambitious but somewhat light-hearted look at the annual ceremony and the decades it has survived. Beginning in 1929 with a smallish (260 attendees) dinner at the Hollywood Roosevelt Hotel, the awarding of the prized statuettes only took about fifteen minutes, a fact that the producers of the current bloated show ought to keep in mind. Commencing with the opening of the Talkies Era, the book jumps around to cover the Depression and the necessary escapism which the movies provided, through the anti-Communist scares of the McCarthy Committee, to the so-called Oscars So White protests, the Me Too movement, and even unto the Slap Heard Round the World, when Will Smith smacked Chris Rock in the puss, gobsmacking the audience at the theater and at home, and was subsequently awarded the Best Actor trophy. Go figure. At least it wasn't predictable.

The second book is Tom Hanks' novel "*The Making of Another Major Motion Picture Masterpiece*," which involves just that, at some length (467 pages) and in occasionally mind-numbing detail, often supplied in footnotes. Based on a comic book, the plot of the movie in question is predictable, as is the plot of the book about it, which has fun with a number of stereotypes, e.g. the impossibly arrogant, egotistical male lead. But Hanks' underlying thesis is that the real "heros" of filmmaking are the people who deal with and solve the plethora of problems big and small that every such undertaking inevitably presents. The novel's most admirable character is a former hotel front desk receptionist, an occupation which turns out to be ideal for getting a movie made. (Her successor is a coffee house barista.)

Both the history and the novel are chock full of information which will entertain and enlighten not only the hopelessly addicted film buff (I confess) but also the casual reader who wants to learn more about one of the dominant art forms of the past century. As the current screenwriters' and actors' strikes have highlighted, that form is still evolving, not always for the best. One of the current major issues for the strikers, for instance, is what to do about streaming, the vehicle by which more and more of us experience a movie, including yours truly. You don't have to be an old curmudgeon to mourn and bemoan the loss of the "movie house" experience, but I expect readers of a certain age will take my point. I recommend both books not only as "summer reading" (hateful phrase) but for any old season.



GUEST COLUMNISTS - BILL MEYER/MARK KRUSE

One of the questions many people have asked me over the years is how should I prune my apple tree? Homeowners often plant a few apple trees in their yard and eventually realize that the tree needs pruning. Rather than try to explain this process myself, I thought that it would be best to have an expert describe it . WSU is fortunate to have its very own tree expert or arborist, Mark Kruse. So I asked Mark if he would write this column describing how to prune apple trees. He graciously agreed. This is what he had to say. -Bill

Pruning apple trees

It is no secret that Minnesota has produced some great apple trees over the years. More and more people are planting these apple trees in their yards with dreams of harvesting full bushels or just being able to walk into their yard and pull large, juicy apples from a branch for a quick snack. To ensure this dream is a reality, it is important to practice best management techniques when caring for your apple trees, and a large part of that is proper pruning. Understanding why to prune apple trees, when to prune apple trees, and how to prune apple trees is all very important to ensure your trees will thrive for many years and consistently produce great fruit.

Why prune apple trees?

We prune apple trees for four main reasons. First, to make the tree easy to maintain and harvest by controlling the height and shape, and, secondly, to maintain a healthy tree by removing dead, diseased or damaged wood. The third reason is to improve air circulation which reduces pests and diseases. Lastly, you want to let sunlight reach the fruits so they can grow healthy and large. It is key to remember these four goals when pruning your apple trees. Reaching these goals can be overwhelming, especially for the average apple tree owner. It is important to remember, specifically for apple trees, that pruning is in the best interest of your tree. It is preferable to do some pruning versus no pruning. Also, if an apple tree is left unpruned, it may not become fruitful. It will not grow as well, and, in some cases, it may not be encouraged to grow at all.

When to Prune Apple Trees

Just like with many trees, some times of the year are better for pruning than others. It is best to prune an apple tree when it's still dormant. This means late winter/early spring. Pruning while the tree is dormant and while temperatures outside are cold ensures that there are no pests or diseases present which could affect the health of your tree and fruit. It is best if you can prune about two weeks after the last frost. Not only are the buds easier to see and cut, but the cuts will also heal more quickly. If you prune in fall or early winter, the wounds and new shoots that may sprout will be damaged by cold weather.

How to prune apple trees

It is important to prune your apple tree to encourage a shape that is structurally sound enough to support many heavy apples on all its limbs. You should aim for a pyramidal and conical shape, with shorter branches at the top so that they can allow sunlight to reach the lower branches. Additionally, apple trees should be pruned with a central leader form, with one central branch growing vertically from the trunk. With that in mind, these seven steps should be followed when pruning apple trees:

Step 1: Remove Any Dead, Diseased, or Damaged Limbs (3 D's)

You know if a branch is dead if it's brittle and breaks very easily. You usually know if a branch is diseased if the wood is a different color than the other branches around it. You'll see a damaged branch when it has partially broken from the weight of the fruits. Additionally, when two branches have crossed and rubbed against one another this can damage the wood. Once you have identified the branches with the 3 D's, then cut the wood back to the nearest bud where the wood is still healthy.

Step 2: Prune Competing Central Leader Branches

Your apple tree should have one central leading branch which grows vertically from the trunk. If there are multiple central leading branches, then choose the healthier and stronger one and cut the rest so that the tree remains strong.

Step 3: Prune Non-Primary Scaffold Branches

Your apple tree should have 2-6 primary scaffold branches (depending on the size of the tree) which connect to the central lead branch and are evenly spaced around it. If two scaffold branches are too close to one another, remove one. If you look at the tree from the top, it should look like a star. These scaffold branches should have a 45 to 50 degree angle from the trunk. When the angle is less than this, then the branch will fall from the weight of the fruit. When the angle is more than this, then the branches.

Step 4: Prune Suckers

When shoots or branches grow near the base of the trunk prune them so that the shape is preserved. Suckers shouldn't grow below the canopy of the tree.

Step 5: Prune Downward & Inward Growing Branches

First, identify the branches growing downward. Then prune them since they won't be able to bear the weight of the fruit. Also prune any branches growing inward so that they don't rub against other branches.

Step 6: Prune the Whorls

Whorls are places where three or more small branches grow from the same location. Once you identify the whorls then choose the healthier and strongest one, and prune the rest. After all, the branch won't be able to support all of the small branches growing in this one location.

Step 7: Prune Back All Branches

For the stems to become thicker and develop flowers, cut all branches back by ¹/₃ of its original length. However, make sure to make these cuts just above a bud that faces outward in order for the tree to have a healthy shape.

Pruning your own apple trees is a simple and impactful way to ensure your apple trees produce more fruit and stay healthy. So, next spring when the snow is melting, and you are thinking about your garden, don't forget to get our your pruners and handsaw and give your apple trees some attention.





Apple tree being pruned

Apple tree before pruning

Creating Social Connections - How Can Retirement Organizations Help?

The WSU Retiree Center is a member of an international organization called AROHE (Association of Retirement Organizations in Higher Education). AROHE is a nonprofit association that champions transformative practices to support all stages of faculty and staff retirement, their mutually beneficial engagement, and continuing contributions to their academic institutions. AROHE's mantra is "Transforming Retirement." They recently held an excellent online workshop on social connection and loneliness. A summary of the event is available below, and a recording of the event is available at this link: <u>http://HERE. https://www.youtube.com/watch?v=EgG0cuh6_-k</u>

We are all finding our way after the pandemic, including making new friends and losing connections from previous groups and circles. Based on a study from Harvard, the number one challenge people face in retirement is not being able to replace the social connections they had through work. Dr. Vivek Murthy, the surgeon general recently came out with an advisory on the healing effects of social connection and community in fighting an epidemic of loneliness and isolation. Dr. Murthy warned that a lack of social connection is having a major impact on our mental and physical health.

Carla Perissinotto, MD, MHS, professor of medicine and geriatrician, University of California, San Francisco presented an AROHE Idea Exchange Webinar on "Health impacts of Social Isolation and Loneliness." Many of the programs that retirement organizations offer help to alleviate loneliness and social isolation as part of a larger goal of keeping retirees connected to the community and intellectual stimulation they enjoy. Following Dr. Perissinotto's talk, webinar participants broke into small groups to discuss ways retirement organizations can help retirees navigate the challenges faced by loneliness and build social connections. Watch the webinar <u>HERE</u>.

Resource links:

- o <u>Surgeon General's Report on loneliness</u>
- o <u>Six Pillars to Advance Social Connection</u>
- o <u>Pocket talker for older adults</u>
- o <u>McKinsey Health Institute report on Healthy Aging</u>
- o <u>Critically Acclaimed Documentary about Loneliness</u>
- o <u>Park Rx America</u>
- o <u>SOCIAL Framework Education Sector report</u>
- o <u>Work, Employment & Labor Sector report</u>

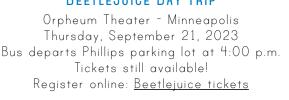
RETIREE PARKING PERMITS ARE AVAILABLE NOW!

The 2023-2024 retiree parking permits are now available! You may stop in at the Retiree Center to pick one up. Since we are a 2-person office, Nancy and I advise visitors to call before coming to the center to ensure that one of us is available to help you. We will also mail permits by request to retirees who live 30+ miles from campus. To request a permit, please email us at <u>retiree@winona.edu</u>. Include your name, current mailing address and license plate number/State of Issuance.

Retirees with parking permits can PARK ANYWHERE on campus. This includes all gold and silver lots. This is a fantastic benefit for you, but you do need to make sure to get a new permit each year...you may be ticketed if your car is displaying an expired permit.

CALENDAR





CALENDAR



November and Beyond **RETIREE CENTER TRAVEL:** VETERAN'S DAY Sunny Portugal - April 2-11, 2024 Saturday, November 11, 2022 Tropical Costa Rica - November 1-9, 2024 Retiree Center Closed on Friday, November 10th **Retiree Center Winter Social** WSU COMMENCEMENT DAY LIVING HISTORY PREMIERE Thursday, December 7, 2023 Friday, December 8, 2023 Monday, December 4, 2023 2:00-4:00 p.m. 3:30 pm - 5:30 pm American Legion Stark Hall 103 Auditorium 302 E. Sarnia/Winona Upcoming Retiree Center Day Trips THANKSGIVING BREAK CLUE - ORPHEUM - FEBRUARY, 2024 Retiree Center Closed The Lion King - Orpheum - April, 2024 November 22-24, 2023 MJ: Michael Jackson - Orpheum - May 21, 2024



Gerald Tobin Physics May 16, 2023

IN MEMORIAM



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.



Gabriet Manrique Economics July 26, 2023



Lee McMitten Education June 11, 2023



James Nygaard Information Technology July 19, 2023

THE PERKS OF BEING A WSU RETIREE

- Athletic Events: Free admission to regular scheduled campus athletic events
- Teaching, Learning and Technology Services: Free campus offered classes when space available
- Free WSU retiree e-mail
- WSU Fitness Center access at employee rate
- ID card for all retirees
- Free parking pass for all lots, must renew each year
- Printer, scanner and copy access at the Retiree Center (up to 10 pages)
- Notary Public Services available at no charge
- WSU Library privileges (Retiree ID card serves as library card

