Hello Retirees,

I hope you all are having a happy start to 2024. Here in the Winona area, we have just had a week of brutally cold weather, but today we are at a balmy 30 degrees and it feels absolutely wonderful! The forecast is actually looking fairly good for the next couple weeks, but I’m waiting for the other shoe to drop in February. There’s no way we will be able to avoid the cold and snow until spring. We just have to take it day by day and enjoy these nicer temps while they last.

We are having a busy start to the year here at the Retiree Center. Our Senior University courses started last week with Richard Shields’ course on *Physics Experiments that Changed History.* This week, Emilio DeGrazia’s course on *Forbidden Knowledge* is also starting. Both of these classes sold out quickly. It’s a testament to both of these amazing professors! They have quite a following within the Senior University milieu. We have five more classes being held this spring and summer. Please see the list of offerings on page 3 and register soon if you are interested.

We have some brand-new Retiree Center offerings happening this semester. We are going to hold our first-ever Retiree Spring Social on Thursday, March 7th from 2:00-4:00 p.m. at the Winona American Legion. The invitations for this social will be sent out soon, but please get the date on your calendar now. In addition to having a great time getting together with former colleagues and friends, this will also be a wonderful opportunity for you to offer congratulations and well wishes to Nancy Amann. Yes, after 52 years with the University and over 16 years at the Retiree Center, Nancy Amann is retiring on March 12th. I am so happy for her and so sad for me! I am going to miss her more than words can express. She has been consistently fantastic in her work with the Retiree Center, and she is always thinking of ways that we can improve our service to you. She is a rare gem, and I have tears in my eyes as I type this. I hope many of you will want to come and celebrate her that day.

We will also be hosting two new *Pathways to Retirement* presentations this semester. On February 20th, we will be offering a presentation by Professor Rob Wolf on *How Much is Enough? Are You Ready for Retirement?* During this presentation, he will discuss how much money is needed to retire along with an overview of fund investment and pros and cons of various funds. The following week, on February 27th, Professor Justin Geijer will present *Investing in Your Health: Physical Activity Retirement Planning.* This presentation will provide insight on how to better prepare yourself for a physically active and healthy retirement. Although these presentations are mainly targeted at current WSU employees who will be retiring in the near future, we know that many of you who are already retired may have an interest in these topics. All retirees are invited and encouraged to attend these sessions. They will both be held in the Kryzsko Ballroom from 2:00-3:30 p.m. There will also be a Zoom option. If you are interested in attending, please let us know. We would love to see many current retirees there.

There are a few other dates you should get on your calendars. The annual Retiree Center Spring Luncheon will be held on Thursday, April 25th from 11:30-1:00 p.m. in the Kryzsko Ballroom. This is our opportunity to honor all the newest WSU retirees. Invitations will be mailed in March. We also have a couple fun day trips coming up this spring. We will be heading to the Orpheum Theater to see *The Lion King* on March 28th and *MJ: The Michael Jackson Musical* on May 21st. We only have two tickets to *Lion King* available as of this writing. We still have twenty tickets available for *MJ.* Register soon if you’re interested! We would love it if you could come along! Please enjoy this newsletter. I must give a shout-out to Bill Meyer who contributed an excellent article on the Amur Maackia tree...thanks Bill! Hope to see you all soon!

- Jess

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**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.

Abstract: In a classroom setting, intentional listening has six distinctive stages: Actively inviting classmates’ thoughts and opinions, reflectively considering every aspect of what others say, thanking others for expressing their ideas and beliefs, putting what one has heard in a broader societal context, connecting peers with similar ideas and insights, and identifying the point of intersection between what you have heard and your own intuitions and experiences. In instructional environments, intentional listening takes practice.
Senior University is in full swing this spring! We are currently enjoying Richard Shields’ course on *Physics Experiments that Changed History* as well as a course by Emilio DeGrazia on *Forbidden Knowledge*. We are still taking registrations for the five classes below. If you’re interested, please register soon to reserve your spot!

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Jazz History I - 1915-1960</td>
<td>Rich MacDonald</td>
<td>Mondays February 26, March 11, 18, 25, April 1</td>
<td>$40.00</td>
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<tr>
<td>Louis Armstrong to Miles Davis</td>
<td>Maxwell 287 or via Zoom (Hybrid)</td>
<td>3:00-4:30 p.m.</td>
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<tr>
<td>Retirement Investing With Confidence &amp; Success</td>
<td>Rob Wolf</td>
<td>Mondays April 1, 8, 15, 22, 29, May 6</td>
<td>$40.00</td>
</tr>
<tr>
<td>Spring Birding</td>
<td>Julie McCormick &amp; Dedrick Benz</td>
<td>Fridays April 5, 19, May 3, 17</td>
<td>$45.00</td>
</tr>
<tr>
<td>Senior U Lite: Winona’s History &amp; Interesting Architecture</td>
<td>Mark Peterson</td>
<td>Thursdays May 2, 9, 10:00-11:30 a.m.</td>
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<td></td>
<td>Maxwell 158 (May 2nd)</td>
<td>May 9th class will be a bus tour</td>
<td>$25.00</td>
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<tr>
<td>Shakespeare in Performance</td>
<td>Jane Carducci</td>
<td>Sundays July 14, 21, 11:00-1:00 p.m.</td>
<td>$85.00 (includes tickets to both plays)</td>
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We are already starting to put together our roster of courses for Fall 2024. We’ve got several great classes lined up with more to come. Right now, I can tell you that Rich MacDonald will teach the follow-up to his *Jazz History* course. Next semester’s course will discuss jazz history from 1960 to the present. We will also be offering a class on *Achieving Successful Aging: A How-To Manual* with Trisha Karr from the WSU Psycholology Department, and Jim Bromeland will be back to teach his ever-popular election-year course, *Election 2024*. Registration for fall courses will begin later this spring.
One of the perks of writing this column on trees is that Jessica gives me the freedom to explore and write about the wonderful world of trees without any restrictions. Oh, I suppose if I went too far off the rails, she would put the brakes on me for the safety of WSU. With that freedom I often gravitate to writing about my favorite trees that I have planted and watched grow over the years during my working days at WSU. Often, when I observed a tree that displayed several desirable characteristics, I would purchase and plant it in our 3-acre mini arboretum in Trempealeau. One such tree that planted about 15 years ago was the Amur Maackia.

This small tree, which is relatively unknown to the average homeowner, provides an attractive alternative to many of the smaller trees that are offered at your local garden center. A 19th century Russian naturalist, Richard Otto Maack, found this previously unknown tree while exploring the Amur River region. The Amur River forms the border between Siberia and Manchuria. Since this area of the world equates with very cold temperatures, the homeowner can be assured that the Amur Maackia is, not surprisingly, very cold hardy here in the southeast Minnesota - southwest Wisconsin area.

The Amur Maackia has several features that merit consideration. First, the bark is sure to catch your eye. During the winter, the bark of the tree has an intriguing texture displaying a diamond pattern with a brownish copper color. In addition, the tree tends to exfoliate as it matures providing an interesting contrast with the snow. In addition to the appealing bark, the flowers of the Amur Maackia are both attractive and fragrant. In the summer months the Amur Maackia is a late bloomer. After most flowering trees have completed their blooming season, this tree decides to advertise its goods in mid-June or even later. June would be a good time to view Winona State University’s very own Amur Maackia. It can be found southwest of Gildemeister Hall.

Another property of this tree is its ability to form nitrogen fixing nodules, allowing the Amur Maackia to grow well on poorer soil sites. This is one of the reasons I decided to give the tree a try on my extremely sandy soil at home. It has exceeded my expectations and has grown nicely.

Because of the Amur Maackia’s ability to grow in poor soils, it is an excellent choice for some of the more challenging urban sites, much like the Ginkgo and the London Planetree. This underplanted, small tree (25 - 30 feet) has few insect and disease problems and is fairly drought tolerant.

If there is any downside to the tree, it would be that the Amur Maackia is somewhat difficult to find. A local nursery might be able to help or a larger tree nursery in the Twin Cities often carries them in stock.

So, if you are looking for a small, tough tree with colorful flowers and interesting bark that stands out, this might be the tree for you.
The Living History Project Premiere was held on Monday, December 4th. All three of the student-produced documentaries that premiered that evening were fantastic. We are so proud to partner with the Mass Communication Department and the College of Liberal Arts on this project each year. If you weren’t able to attend the event, I invite you to visit our website and view each of the films. Here is the link: https://openriver.winona.edu/livinghistoryproject/
February

AROH Reimagining Retirement Series:
“Reimagining a Personalized Plan for Your Next Phase”
Tuesday, February 13, 2024 - Noon
“Strategies and Resources for Creating Connections”
Tuesday, February 27, 2024 - Noon

To Register for the webinar series: 
https://www.arohe.org/Reimagining-Retirement/

Frozen River Film Festival
February 4-11, 2024

March

Presidential Primary
Tuesday, March 5, 2024
No classes or events after 6:00 p.m.

Expanding Perspectives Series
Lynette Reini-Grendell & Venus De Mars
“Trans-Glam-Punk-Rock-Love Story”
Reading & Musical Performance
Kryzsko Commons - Ballroom
Wednesday, March 20, 2024 - 6:00 p.m.

Retiree Center Day Trip - The Lion King
Thursday, March 28, 2024 - 7:30 performance
Registration open now...3 seats left!

Retiree Center Spring Social!
Thursday, March 7, 2024
2:00-4:00 p.m.
Winona American Legion
Invitations will be sent out soon
SAVE THE DATE!

WSU Spring Break Week
March 4 - March 8
Retiree Center will remain open

An Evening with Aly Raisman - Lyceum Series
Thursday, March 14, 2024
Somsen Hall Auditorium
7:00 p.m.
CALENDAR

April

Retiree Center Spring Luncheon
Thursday, April 25, 2024
11:30 a.m. - 1:00 p.m.
Kryzsko Commons - Ballroom

Retiree Center Travel
Sunny Portugal
April 2-11, 2024

Retiree Breakfast & All-U Campaign Kickoff
Tuesday, April 9, 2024
8:00-10:00 a.m.
Kryzsko Commons - Ballroom

Earth Day
Monday, April 22, 2024

Arbor Day
Friday, April 26, 2024
Watch your email for WSU celebratory events

WSU Theatre & Dance Presents: Play On
April 10-13, 2024
Vivian Fusillo Mainstage Theater

Water Music: Vivaldi Spring and Summer
Minnesota Marine Art Museum
April 11, 2024 - 7:00-8:30 p.m.

May and Beyond

Retiree Breakfast
Second Tuesday of each month
9:00-11:00 a.m.
Kryzsko Commons

Retiree Center Day Trip
Tuesday, May 21, 2024
MJ: The Michael Jackson Musical
Orpheum Theater - 7:30 p.m. performance
Registration open now, 20 seats left!

WSU Commencement
Friday, May 3, 2024

Retiree Center Travel Opportunity
Tropical Costa Rica
With Optional 3-night Jungle Adventure
November 1-9, 2024

Great River Shakespeare Festival
Season 21: June 25-July 28, 2024
See Details about our Senior U Course - Page 3

Winona Steamboat Days
June 12-16, 2024

Midwest Music Fest
May 10-11, 2024
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.

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