

The RETIREE CENTER Newsletter



Hello Retirees,

I'm watching the snow fall in big, fat flakes out of the Alumni House windows as I type this "spring" newsletter. Spring is very wishful thinking at this point! That being said, we are in the midst of a busy winter here at the Retiree Center. In December, we celebrated the Winter Social and the Living History Project Premiere. I posted a few pictures from the Winter Social below. If you'd like to see all of the fun pictures from the event, please visit our [Facebook](#) page. The pictures from the Living History event as well as the link to the four fantastic documentaries can be found on [page 5](#).



We are gearing up for several events this spring including day trips to see *To Kill a Mockingbird* and *Hamilton* at the Orpheum. I am also hoping to plan a trip to the Tina Turner Musical and a St. Paul Saints Baseball game. Please watch your email for details and registration information. The Retiree Center Spring Luncheon will be held on Thursday, April 27th in the Kryzsko Ballroom. Please save the date. This will be our first spring luncheon since 2019! Invitations will be sent in March. Spring semester Senior University classes just started on January 27th. We have six classes happening this spring and two over the summer. A couple courses have already sold out, and several others are close to filling. We hope you [register soon](#) if you're interested in attending.

Lastly, we have some amazing travel opportunities lined up for you this year. You can see all of the details on the next page. We are excited to be partnering with Collette Travel for these trips. They provide a wonderful stress-free travel experience for their guests. I hope you enjoy reading this newsletter. Nancy and I look forward to seeing you soon!

- Jess



JIM REYNOLDS & RON STEVENS



JULIE SAMMANN, JAN ERWIN, VIOLET BELTER



BARBARA & RICHARD SHIELDS

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 CENTRAL TRAVEL OPPORTUNITIES

Retiree Center Advisory Board

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Nancy Amann

The Retiree Center has partnered with Collette Travel to offer these amazing travel opportunities for 2023. On January 9th, we held a Travel Information Meeting hosted by our Collette representative, Katie Ganshert. If you're interested in these trips and you missed the meeting, please take a moment to view the presentation at this link: [RC Travel Information Meeting](#)

I spoke with Katie yesterday, and the \$100 Travel Meeting discount has been extended for us until February 15th for both trips! This discount will be reflected in the final payment balance. We have 20 spots reserved for us on both trips. We have already had several bookings for each trip, but there is still room. Please click the links below to be taken to the informative website for each trip. You can register for the trips online through these links. Happy Travels!!

CANADIAN ROCKIES & GLACIER

Highlights: Ice fields, rushing waterfalls, glacial peaks, and towering summits are just a few of the wonders awaiting you in the Canadian Rockies and Glacier National Park. Visit Head-Smashed-In Buffalo Jump, a UNESCO World Heritage site and one of the world's oldest, best preserved buffalo jumps. Ride aboard a Jammer (open-air touring car) during a visit to Glacier National Park. Journey along the unforgettable Icefields Parkway. Stop at Athabasca Glacier and choose to ride across this mass of glacier ice or take a walk on the glass bottom platform at the Glacier Skywalk. Explore Bow Falls and Surprise Corner. Visit the incomparable Lake Louise. Get ready for an adventure that brings together the expanse of the prairies, the majesty of the Canadian Rockies, and Montana's Glacier National Park.

To learn more: <https://gateway.gocollette.com/link/1137595>

Trip Dates: August 15th - August 21st

Cost: \$3979 Per Person Double

GREECE AND ITS ISLANDS

Highlights: Discover the magnificent ruins of ancient Greece and bask in the brilliance of the Mediterranean. This comprehensive journey explores Greece's most important ancient monuments, including the famed Temple of Zeus, the archaeological site of Olympia and ancient artifacts of Delphi. Explore Athens on a comprehensive tour of the incredible Acropolis. Visit a local farm in the countryside to see how olive oil and wine are produced. Learn how to cook traditional Mediterranean cuisine during a cooking demonstration. Wander the winding streets, vineyards, marketplaces and beaches of Mykonos and Santorini. Explore the excavations of the ancient city at Akrotiri, the most important prehistoric settlement found anywhere in the Eastern Mediterranean. Learn the history of this fascinating country from local experts on guided tours of Athens, Meteora, Delphi, and Olympia. Throughout your journey, experience the iconic sights of Greece's Classical age with ample time to explore on your own.

To learn more: <https://gateway.gocollette.com/link/1137612>

Trip Dates: October 9th - October 24th

Cost: \$5879 Per Person Double



SENIOR UNIVERSITY SPRING 2023



Senior University is in full swing this spring! We are currently enjoying Matt Bosworth's course on the *Supreme Court and the Constitution* as well as a course by Tom Ezdon on Electric Vehicles. We are still taking registrations for the 6 classes below. If you're interested, please register soon to reserve your spot!

<p>MISSISSIPPI RIVER HISTORY</p>	<p>Greg Schmidt Maxwell Hall 287 This class is SOLD OUT. Taking waitlist.</p>	<p>Tuesdays March 14, 21, 28 April 4, 11, 18 2:00-3:30 p.m. \$40.00</p>
<p>GETTING IT DONE: WRITING YOUR MEMOIR</p>	<p>Kathleen Peterson Maxwell Hall 287</p>	<p>Thursdays March 16, 23, 30 April 6, 13, 20 1:00-2:30 a.m. \$40.00</p>
<p>AGING WELL THROUGH PHYSICAL ACTIVITY & EXERCISE</p>	<p>Justin Geijer Maxwell Hall 287 This class is SOLD OUT. Taking waitlist.</p>	<p>Wednesdays March 29, April 5, 12, 19, 26 1:00-2:30 p.m. \$40.00</p>
<p>SENIOR U LITE: WINONA'S HISTORY & INTERESTING ARCHITECTURE</p>	<p>Mark Peterson Maxwell 259 (May 2nd) This class is SOLD OUT. Taking waitlist.</p>	<p>Tuesdays May 2, 9 1:00-2:30 p.m. May 9th class will be a bus tour \$25.00</p>
<p>SENIOR U LITE: THE HEALING FOREST - AN INTRODUCTION TO NATURE & FOREST THERAPY</p>	<p>Sara Holger Room TBD (June 5) This class is SOLD OUT. Taking waitlist.</p>	<p>Mondays June 5, 12 1:00-2:30 p.m. June 12th class at Whitewater State Park FREE</p>
<p>SHAKESPEARE IN PERFORMANCE</p>	<p>Jane Carducci Room TBD</p>	<p>Sundays July 16, 23, 30 2:30-4:00 p.m. \$160.00 (includes tickets to 3 plays)</p>

RETIREE GUEST COLUMN - BILL MEYER

Ginkgo biloba extract. The name suggests a health supplement having all sorts of benefits such as aiding in the reduction of anxiety and glaucoma, memory enhancement and much more. But did you know that the extract comes from an incredibly interesting, real tree called the Ginkgo biloba. This extract comes from the dried, fan shaped leaves of the tree by a method known as organic extraction. The Chinese have used this product for over 5000 years in traditional medicine.

Interestingly, the WSU Landscape Arboretum showcases a number of Ginkgo trees throughout the campus. In fact, according to a recent WSU Campus Tree Inventory, about 2% of the total tree population were found to be Ginkgo trees. This translates to about 36 individual Ginkgo biloba trees.

What is so interesting about this tree besides having purported health benefits derived from its leaves? Well, just about everything. The Ginkgo is one of the oldest living tree species on the earth dating back more than 270 million years. It was thought to be extinct only to be found in China in the 1700's.

This tree, considered to be a living fossil, is a slow growing tree that can live up to 3000 years! The Ginkgo is a distinctive looking tree with its fan shaped leaves, pyramidal shape, and the ability to grow in harsh urban conditions and that can tolerate heat, air pollution, salt, and restricted growing spaces. In the fall they display attractive, brilliant, yellow leaves that generally all fall quickly after the first good frost. Having survived over millions of years, it has learned how to adapt to an ever-changing planet.

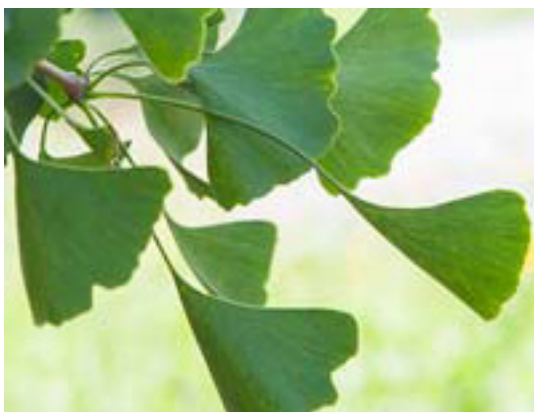
The Ginkgo also has both male and female trees. That's where things get interesting. The male tree is the preferred tree for a landscape tree, while the female tree should be avoided since it produces large quantities of a tan-orange fruit that smell horrible, especially when they drop to the ground and burst open.

WSU has taken great pains to plant only the male Ginkgo trees on campus for obvious reasons, but sometimes unexpected things happen. During my working days as a WSU Groundskeeper, I often conducted tours of the trees on campus. On one occasion third graders from nearby Goodview Elementary School were viewing a Ginkgo tree. After stressing the importance of planting male trees, to my chagrin a young student spotted 2 or 3 fruits hanging from a so-called male Ginkgo. Up to this point, the over 20-year male Ginkgo trees had never fruited.

The fruit exhibited by the one tree was soon followed by fruit on nearly all the Ginkgo trees in the area (on the east side of Pasteur Hall). And each year the trees bore larger quantities of the putrid smelling fruit. So what was going on? Some suggested

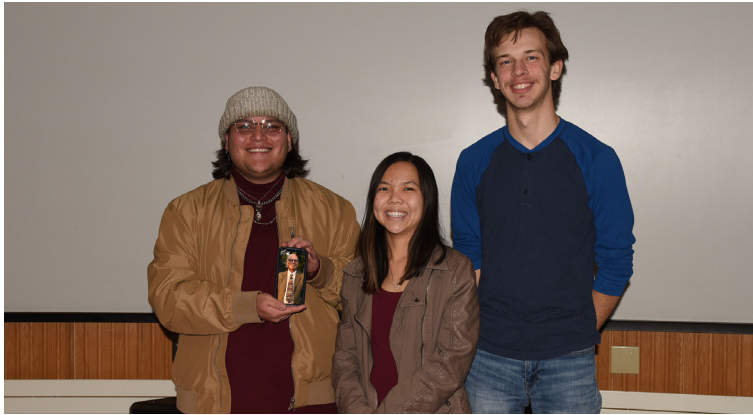
suspicious experiments in Pasteur Hall were being conducted at night, others pointed to the sex chromosomes of the Ginkgo as being difficult to distinguish. Still other experts point to the record-breaking cold winter of '96 that was followed by a nasty cold April. Following that winter quite a few trees showed varying signs of stress. A much more plausible explanation came from Gary Johnson, retired Professor of Urban and Community Forestry at the University of Minnesota. He speculated that the trees were mislabeled at the nursery where they were grown. I have been a victim of this mislabeling in the past. It can happen very easily.

Believe whatever explanation you want, it doesn't change the fact that the Ginkgo biloba trees of WSU are providing students, staff and visitors an interesting topic for conversation.



Ginkgo Leaves

FALL 2022 LIVING HISTORY PROJECT



PETER HENDERSON'S GROUP - HOLDING A PICTURE OF PETER!



NANCY JANNIK & HER STUDENT GROUP



CAROL JEFFERSON & HER STUDENT GROUP



AMY WELCH & HER STUDENT GROUP



STUDENTS, HONOREES, & INSTRUCTORS:
KAY HANNAHAN, ROBIN O'CALLAHAN, & TOM GRIER



AMY WELCH & FRIENDS

The Living History Project Premiere was held on Monday, December 5th. The documentaries shown at the premiere event were fantastic. All of the honorees were in attendance except Peter Henderson because he was traveling internationally at that time. If you weren't able to attend the event, I would invite you to visit our website and view each of the films. You won't be disappointed! Here is the link: <https://openriver.winona.edu/livinghistoryproject/>

CALENDAR

February

**EXPANDING PERSPECTIVES SERIES:
THE CULTURAL TOOLBOX - TRADITIONAL OJIBWE
LIVING IN THE MODERN WORLD**
Wednesday, February 15, 2023 - 7:00 p.m.
SLC Auditorium

RETIREE CENTER DAY TRIP
To Kill A Mockingbird at the Orpheum
Thursday, February 16, 2023
Registration open now...5 seats left!

COMMON BOOK EVENT
WINONA MENTAL HEALTH RESPONSE:
A Panel Discussion with Winona First Responders
Wednesday, February 15, 2023
3:00-4:00 p.m. via Zoom
<https://minnstate.zoom.us/j/95153776949>

MOVIE SCREENING & BOOK SIGNING
Movie: *Blood Memory*
Tuesday, February 28, 2023
6:00-8:00 p.m.
SLC Auditorium
Conversation and book signing (*A Child of the Indian Race: A Story of Return*)
with Sandy White Hawk to follow movie.




FROZEN RIVER FILM FESTIVAL
February 5-12, 2023



March

WSU PRESENTS: AN EVENING WITH JENNETTE MCCURDY
The NY Times best-selling author will be speaking in a moderated Q&A about her book *I'm Glad My Mom Died*, her career, and personal challenges she has faced.
Wednesday, March 22, 2023 - 7:00 p.m.
Somsen Hall Auditorium


RETIREE CENTER COFFEE BREAK
Tuesday, March 14, 2023
10:00-11:00 a.m.
Via Zoom - Guest Aurea Osgood

EXPANDING PERSPECTIVES SERIES:
"Community Healing through Activism,
Community Gardens and Empathy"
Melvin Giles
Tuesday, March 21, 2023
7:00 p.m. - Science Lab Center 120



WSU SPRING BREAK WEEK
March 6-March 10
Retiree Center will remain open



THAD PRESENTS: THE GLASS MENAGERIE
Wednesday, March 1 - Friday, March 3
DuFresne Performing Arts Center
7:00 p.m.

CALENDAR

April



RETIREE BREAKFAST

Tuesday, April 11, 2023
9:00-11:00 a.m.
Kryzsko Commons, Purple Rooms

RETIREE CENTER SPRING LUNCHEON

Thursday, April 27, 2023
11:30 a.m. - 1:00 p.m.
Kryzsko Commons - Ballroom

RETIREE CENTER DAY TRIP

Hamilton at the Orpheum
Tuesday, April 25, 2023 - SOLD OUT



EARTH DAY

Saturday, April 22, 2023

ARBOR DAY

Friday, April 28, 2023
Watch your email for WSU celebratory events



EXPANDING PERSPECTIVES SERIES:

No Hmong Word for Art
Kathy Mouacheupao
Wednesday, April 5, 2023 - 7:00 p.m.
SLC Auditorium

May and Beyond



RETIREE BREAKFAST

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



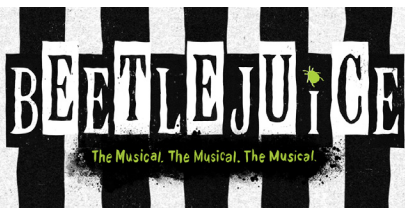
RETIREE CENTER TRAVEL OPPORTUNITIES

CANADIAN ROCKIES & GLACIER NATIONAL PARK

August 15-21, 2023

EXPLORING GREECE & ITS ISLANDS

October 9-24, 2023



RETIREE CENTER DAY TRIP

October 2023
Beetlejuice at the Orpheum
Details/registration later this spring or early summer

GREAT RIVER SHAKESPEARE FESTIVAL

SEASON 20: JUNE 20-JULY 30, 2023

SEE DETAILS ABOUT OUR SENIOR U COURSE - [PAGE 3](#)

WINONA STEAMBOAT DAYS

JUNE 14-18, 2023



WSU COMMENCEMENT

Friday, May 5, 2023



MN BEETHOVEN FESTIVAL

June 25-July 16, 2023



IN MEMORIAM



Bob Keister
Athletics
November 7, 2022



Jeanne Hubbard
Biology
November 9, 2022



Les Wothke
Athletics
November 16, 2022



Helen Keiper
Spouse of Dick Keiper
November 30, 2022



Kenneth Hubbard
Facilities
December 1, 2022



Clare Sobiesk
Spouse of Norm Sobiesk
December 10, 2022



Mary Foegen
H.P.E.R.
December 11, 2022

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 - ID card serves as WSU library card
- Free parking pass for all lots, must renew each year
- Printer, scanner, and copy access at the Retiree Center (up to 10 pages per visit at no charge)
- Notary Public Services available at the Retiree Center at no charge

