The RETIREE CENTER New Setter



Hello Retirees,

I hope you are enjoying all that summer has to offer! I have had a wonderful summer so far, but it has definitely been a season of change at the Retiree Center. As you know, Nancy Amann retired in March, and this is my first summer working solo. I am working on getting a replacement for Nancy, but that may not happen for some time. At the beginning of the summer, I had hired a student worker who was able to work each Wednesday-Friday, but in early July she was in an accident that left her unable to work until mid-August. I am just glad that she is going to be ok! Thank you for your patience and flexibility as the hours of the Retiree Center have fluctuated greatly over the past couple of months. In August, my hours will increase back to 32/week, so the Retiree Center will be open all day Monday-Thursday (unless I have scheduled time off or am sick).

WSU has also recently started using the new Workday system as the replacement to ISRS. This was implemented by the whole state system as of July 1st. I'll just say it has been a challenge and leave it at that!

On a very sad note, we lost one of the Retiree Center co-founders in May. Ron Stevens passed away on May 25th. Ron was such a dedicated and stalwart supporter of the Retiree Center, and he visited us often in his healthier days. Nancy and I always enjoyed it when he would stop by and talk with us for a while. He will be greatly missed by so many of us.

Even with all of the changes going on around me, I am continuing to work extremely hard to make sure that our Retiree Center programming is top-notch! We've enjoyed several Retiree Breakfasts over the summer with interesting speakers and tasty food. In May, our new WSU President, Ken Janz, was our featured speaker. Patrick Clipsham, Sociology Professor and Faculty Association President, spoke at the June breakfast, and Scott Ellinghuysen gave us a full update earlier this month at the July breakfast. Next month, Tania Schmidt, Director of Admissions, will speak to the group. And, as usual, in September, we will be chartering two breakfast cruises on the Cal Fremling!

We have six outstanding Senior University classes on tap for the fall. I opened up registration on July 1st, and enrollment is going gangbusters! I already had to reserve a larger room for Jim Bromeland's *Election 2024: Democracy Challenged* course. It sold out in record time, but with the new room, I have been able to add several more spots. Kathy Peterson's *Yes, You Can Write a One-Act Playl*, is also nearly full. I hope you might be interested in taking a class or two this fall. We have developed a very loyal fan-base for our Senior U courses, and each semester the enrollment seems to grow, and classes seem to fill faster. It's a great problem to have!

We also have a couple very fun upcoming day trips scheduled. On September 18th, we will be heading to the Orpheum Theater to see *Back to the Future: The Musical*. Registration will open very soon for this trip...be on the lookout for an email from me. Four days later, on September 22nd, we are going to cheer on the Vikings against the Houston Texans at U.S. Bank Stadium. Registration for the Vikings trip is open, and we still have several spots available...you should come! There's nothing like seeing an NFL game in person...the energy is palpable!

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

- Yess

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.

Advisory Board

Brian Aldrich
Nancy Amann
Jean Bellman
Michael Bowler
Heather Dieterman
Carol Galbus
Tracy Hale
Jonathon Mauser
Sandra McNab
Nadia Miranda
Ann Rethlefsen
Rill Reuter
Judy Shepard
Richard Shields

Contact Us

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

Winona State University PO Box 5838 Winona, MN 55987

507-457-5565 Retiree@winona.edu

www.winona.edu/retiree

Director: Jessica Kauphusman



The Winona State Maintenance and Facilities building will now be known as the Gus & Sue Bolon Utility and Facilities Services Complex, in honor of the late parents of Dr. George Bolon.

Dr. Bolon retired from Winona State in 2010 as Professor Emeritus in the Physics department and Director of the Aviation/Airway Science program. During his time at Winona State, he also served as Director of the Student Union and played a pioneering role in the establishment of the Composite Engineering Program. He holds the highest FAA pilot and aircraft technician certificates, and in 2009 he was inducted into the Minnesota Aviation Hall of Fame as the only aviation educator to receive this honor.

Dr. Bolon has served as a trustee on the Winona State Foundation Board for over 10 years and is an avid supporter of the university. A dedication ceremony for the facility will be planned at a later date.

If you want to help welcome new students to WSU residence halls in the fall, please consider signing up for Welcome Crew. Welcome crew is a group of students, faculty, staff and retirees that help our first-year students move into the residence halls. They do a variety of jobs; traffic control, directions, helping families move in (moving boxes) and dumpster duty. Move in day for Fall 2024 is Thursday, August 22nd!



Volunteers will be able to preference the building they want to work in, but may be moved if needed in other areas on campus. If you have a group or team that wants to work together, please make sure you put that on the form, and the move-in team will make sure you work together.

Volunteers will receive a Welcome Crew T-shirt and lunch or dinner on the day they volunteer. Thank you for considering this opportunity to welcome our new students and their familes to campus! Sign up for Welcome Crew <u>here</u>.

SPRING LUNCHEON 2024 PHOTOS

On April 25th, the Retiree Center hosted another wonderful Spring Luncheon to celebrate all of WSU's newest retirees! Due to the BESI, we had a large group of new retirees this year. We had a fantastic turn-out at the luncheon of over 100 people including 23 brand new retirees! Chartwells did a great job with the food, and guests enjoyed the Retiree Center wine glasses as party favors.





SENIOR UNIVERSITY FALL 2024



Here is a look at the Senior University classes for Fall 2024. Classes will be held in person on the WSU campus. REGISTRATION is open!

| Oniversity | | |
|--|---|---|
| SELECTED MULTIMEDIA HISTORY PRESENTATIONS | Gene Pelowski Maxwell 283 | Mondays September 9, 16, 23, 30 1:00-2:30 p.m. \$40.00 |
| Senior U Lite: Tech Trends for Sr. Learners: Exploring Virtual Reality, Al, & More | Toby Schmidt Stark 103 Auditorium | Thursday September 12 5:00-8:00 p.m. \$15.00 |
| Yes, You Can Write a One-Act Play! | Kathy Peterson Maxwell 158 | Tuesdays September 17, 24 October 1, 8, 15 1:00-2:30 p.m. \$40.00 |
| Senior U Lite: The WSU Arboretum: More Than Just Trees | Melanie Reap Maxwell 287 October 4th class only CANCELLED! | Fridays October 4, 11 1:00-3:00 p.m. \$20.00 |
| ACHIEVING SUCCESSFUL AGING: YOUR HOW-TO GUIDE! | Trisha Karr Maxwell 257 | Mondays October 14, 21, November 4, 18, 25 (no class on 10/28 or 11/11) 2:00-3:30 p.m \$40.00 |
| Election 2024: Democracy Challenged | Jim Bromeland Pasteur 133 | Thursdays October 16, 23, 30 November 7, 14 2:30-4:00 \$40.00 |

WSU ANNOUNCES NEW APPOINTMENTS

Originally published on WSU News

JULIE FURST-BOWE

Winona State University is pleased to announce the appointment of Julie Furst-Bowe as our Interim Provost and Vice President for Academic Affairs, effective July 17, 2024. This appointment will extend until June 30, 2025, or upon the hiring of a permanent Provost and Vice President for Academic Affairs after a national search is completed.

Over the past 35 years, Dr. Furst-Bowe has held a series of positions with increasing levels of responsibility. Most of her career has been spent at the University of Wisconsin-Stout, where she served as a tenured faculty member, department chair, associate vice chancellor and provost, and vice chancellor for academic and student affairs. Dr. Furst-Bowe also has served as chancellor at Southern Illinois University Edwardsville and as academic vice president at Chippewa Valley Technical College. After retiring in 2021, she took on the role of interim academic vice president at Arkansas Tech University. She is currently serving as interim faculty affairs administrator at the University of Rochester.



MOHAMED AHMED



Winona State University is pleased to announce Dr. Mohamed Ahmed as the new Associate Vice President for Equity & Inclusive Excellence and Chief Diversity Officer, effective July 8, 2024.

Dr. Ahmed will lead efforts to enhance inclusivity and evaluate progress in closing the equity gaps by collaborating with partners and stakeholders both on campus and across the state. "Dr. Ahmed's extensive experience in academia, government, and international relations will position him for success in this role," said Dr. Denise McDowell, Vice President for Enrollment Management and Student Life. "We are very confident in his ability to advance the university's Equity 2030 initiatives, support student success, and lead institutional conversations around campus culture."

Dr. Ahmed holds a Ph.D. in Higher Education and Leadership from Old Dominion University, a bachelor's degree in International Security and Conflict Resolution, and a master's degree in Postsecondary Educational Leadership from San Diego State University.

BRIAN ZELLER

Winona State University is pleased to announce the appointment of Brian Zeller to the position of Dean of Graduate Studies, effective July 1, 2024.

The appointment occurs as Dr. Zeller steps into the role of Dean of the College of Nursing and Health Sciences, which was previously announced in Spring 2024. Dr. Zeller has served as chair of the Department of Health, Exercise & Rehabilitative Sciences (HERS) at Winona State and has held the following appointments: Director of the Athletic Training Program (Undergraduate Professional Program), Graduate Professional Program, Athletic Training Program Clinical Coordinator, and Co-Head Athletic Trainer.

Dr. Zeller earned his Doctor of Philosophy in Exercise Science from the University of Kentucky, his Master of Science in Physical Education-Athletic Training from Indiana State University, and his Bachelor of Science in Physical Education-Athletic Training from the University of Wisconsin-La Crosse. He began his employment with Winona State University in 2000.



GUEST COLUMNIST - DAVID ROBINSON

In 1939, there appeared in the pages of the New Yorker a short story by James Thurber entitled "The Secret Life of Walter Mitty." Covering a day in the life of Mitty, a henpecked, daydreaming proofreader, the story was an instant hit. In it, Mitty imagines himself to be a pilot (twice), a world famous surgeon, and an assassin. There are two film versions of the story, neither of which bears much resemblance to the original. But the name went into the language: if a man were "Mittyesque," Wikipedia says, it means he is "one who intentionally attempts to mislead or convince others that he is something that he is not."

In 2001, a story in Texas Monthly by Skip Hollandsworth detailed the real life of Gary Johnson, a Vietnam vet and professor at a Houston college, teaching psychology and human sexuality. A cat lover and birder who enjoyed reading philosophy in his off hours, Johnson was also something of an an electronics nerd. The latter skill helped him get a side gig installing and maintaining listening devices for sting operations conducted by the Houston police department. He subsequently got involved more intimately in the job, becoming a fake "hit man" and impersonating a contract killer for hire by people who wanted to off a wife, boyfriend, boss—you name it, he would take it on, working on a strictly cash basis, of course.

Over time, Johnson was successful in over seventy stings. But once, after meeting a young abused wife at a local Starbucks, he convinced her not to hire him. Instead, she should leave her husband and house for a women's shelter and get a therapist. This meeting becomes the tuning point in a wonderful film by Richard Linklater, "Hit Man," starring Glen Powell in the title role, and featuring Adria Arjona as Madison, superb in the considerably enlarged and embellished role of the abused wife who, uh, changes her personality. (Powell and Linklater share a credit for the adapted screenplay of this "somewhat true" story and as the film's co-producers.)

Powell has become something of a rising star lately and will likely ascend further this summer after his turn in "Twisters," the updated and, sadly, even more topical version of "Twister" (1996). As Gary becomes more adept at his impersonations, in part because of his ability to develop the psychological profile of his would-be clients, he easily assumes new disguises and personalities to fit the occasion. Each transmogrification becomes a moment for some droll comedy, which Linklater deftly exploits.

Credit also goes to Austin Amelio as Jasper, Gary's sleazy predecessor, whose four-month suspension allows Gary to do what he —channeling Nietzsche—has advised his students to do: put yourself out there, take risks, become someone new. In other words, improvise your self, entirely fitting in New Orleans, whose music provides an appropriate background to the action, with one exception: Linklater quietly inserts Vince Guaraldi's popular jazz hit "Cast Your Fate to the Winds" as Gary is doing exactly that. The shift from Houston to New Orleans also gives photography director Shane Kelly opportunity to show the gritty reality of the Crescent City, as opposed to the showy French Quarter.

Having barely made a ripple at the box office due to its limited release, "Hit Man" is only available on Netflix. It's a "little" film, unlike the summer blockbusters with which it has to compete for attention—not unlike a professor whose students' thoughts are lightly turning elsewhere, as Gary's do when we first see him in what passes for action in his small classroom. At film's end, he's talking to a full and attentive lecture hall. No word on whether he gets tenure.





GUEST COLUMNISTS - BILL MEYER

My wife and I have separate bucket lists. Her desire is to visit all the National Parks in the U.S.A. Since she has visited an amazing fifty-three of the sixty-three parks so far, I think she has done quite well. In fact, she has spent at least a day hiking and touring in all but one of the National Parks in the "lower 48". Since I am her traveling companion, I too have had a chance to view the same spectacular parks. One exception to the 53 N.P's that I haven't seen is Glacier National Park in Montana. My wife has already spent time in the park some sixty plus years ago when she landed a job at the park for the summer. For this reason, Glacier National Park became our destination this summer. It turned out to be a nostalgic trip for her and a new experience for me in a yet to be seen National Park.

Since we wanted to steer clear of the heavy traffic in the park, we decided to avoid driving a car. Instead, we took Amtrak to East Glacier, Montana and stayed in Glacier Park Lodge which is only a stone's throw away from the original log station that Amtrak now calls home. In order to stay at the historic lodge, which was established in 1913, we needed to make reservations nearly a year in advance. It was well worth the advanced preparation.

When we arrived in East Glacier, Montana we were quickly whisked to the "Big Tree Lodge" as the lodge is called. It is situated at the base of Dancing Lady Mountain. Upon walking inside the lodge, we were greeted by over 100-year-old Douglas Firs that towered over the impressive lobby. The Douglas Fir logs in the lobby were selected from the west coast and have retained their distinctive bark. The Lodge has 162 rooms having either garden or mountain views.

Since we had no car to navigate throughout the park, we relied on various shuttles to access several hiking trails and Two Medicine Lake. There, we took a 2-mile hike to Twin Falls, a beautiful set of cascading falls that end up coming together near the trail. Later, we took a ride on the historic boat, the Sinopah, named after the daughter of a powerful Blackfeet Chief. The Blackfeet people have lived in and around Glacier National Park for thousands of years. Throughout our stay in Glacier Park, we were impressed by the great respect given to the Blackfeet tribe that are such a big part of the history of the park.

One day, we took one of the famous Red "jammers" for a day-long tour of Glacier Park. The red jammers are vintage buses that are painted bright red and can transport as many as seventeen people throughout the park. The fleet of thirty-three buses have been doing this since 1936. The drivers have been called jammers in the past because they could be heard jamming the gears as they drove up the treacherous Going-to-the-Sun Road.

Our trip to Glacier Park ended far too soon. As the heat reached a sweltering 107 degrees, we boarded Amtrak heading back home. Because of the extreme heat, Amtrak was forced to reduce its speed to about 30mph. Evidently, the extreme heat heats up the rails causing them to expand, buckle and warp. It is a weird sensation to look out the window of the train and see cars whizzing by you for most of the day. We arrived in LaCrosse a little over six hours late.

Describing the beauty of Glacier National Park is difficult. A visitor encounters one majestic scene after another. Soaring snowcapped mountains, melting glaciers, numerous hiking trails, and spectacular waterfalls and over 762 lakes including the unforgettable Lake McDonald can be seen on any day. The famous Glacier Park mountain goats and grizzly bears can also be encountered while traveling through the park.

Glacier National Park is a natural treasure, and it is only 24 hours from Winona. If you haven't visited it, maybe it's time to consider it.







One of many waterfalls in the park



2025 RETIREE CENTER TRAVEL OPPORTUNITIES

The Retiree Center has two fabulous travel opportunities available for 2025!

Old World Sicily & Malta

Our first offering is Old World Sicily & Malta This 12-day trip will depart on March 16, 2025. The cost is \$4979 per person double. Explore Sicily and Malta – two island paradises nestled amongst the deep blue waves of the Mediterranean. Engage with Malta's dynamic past on a leisurely 4-night stay. Explore Siracusa's archeological heritage (UNESCO) with a guide. Spend three nights in Taormina, perched above the Ionian Sea. See Mount Etna from a different perspective on an off-road excursion. Discover how ancient traditions blend into modern society as you travel along timeless Italian and Maltese towns.

Trip Highlights: Malta, Grand Harbour Cruise, Valletta, Impact Moment, Ferry to Sicily, Aromatic Herb Farm Tour, Ragusa-Ibla, Siracusa, Taormina's Greek Theatre, Mount Etna Off-Road Excursion



Discover the Islands of New England

Our second offering is Discover the Islands of New England. The cost is \$3629 per person double. This 8-day trip will depart on September 12, 2025. The Atlantic coast is calling. Explore New England's majestic seaboards, from Rhode Island to Cape Cod. Visit Providence and the Gilded Age mansions of Newport. Experience the beautiful islands of Martha's Vineyard and Nantucket. Complete your local experience as you indulge in a traditional seafood and lobster feast. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Trip Highlights: Providence, Art & Architecture Walking Tour, RISD (Rhode Island School of Design) Museum, Newport, Lobster Trap Pull Demonstration & Cruise, Plymouth Rock, Cape Cod, Hyannis, Nantucket, Sandwich Museums, Martha's Vineyard, Lobster Dinner



AROHE VIRTUAL SUMMIT ON SOCIAL RELATIONSHIPS

From AROHE.com

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 2024 Virtual Summit will explore the importance of social relationships in retirement with an engaging presentation followed by a panel discussion. In May 2023, the U.S. Surgeon General issued an advisory titled "Our Epidemic of Loneliness and Isolation," shedding light on "the public health crisis of loneliness, isolation, and lack of connection in our country." Even predating the COVID-19 pandemic, around half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection profoundly impacts mental, physical, and societal well-being. This presentation will help retirees and the organizations that serve them to better understand and facilitate better social connections.

Keynote Presentation: From Loneliness to Social Connection - Julianne Holt-Lunstad

Decades of evidence has accumulated pointing to widespread health impacts associated with social connection, or lack thereof. Despite this evidence, social connection has been widely assumed to be a personal issue primarily associated with emotional well-being, underappreciating the mental, cognitive, and physical health ramifications. While the pandemic raised awareness, it simultaneously revealed gaps in our understanding on what to do about it. Drawing upon her work with the US Surgeon General Advisory and the broader scientific literature, Dr. Holt-Lunstad will highlight the scope of why social connection is important at every stage of life and how to prepare for a healthier future.

Julianne Holt-Lunstad, PhD, is a professor of psychology and neuroscience and director of the Social Connection & Health Lab at Brigham Young University. She is also the founding scientific chair and board member for the U.S. Foundation for Social Connection and the Global Initiative on Loneliness and Connection. Her research focuses on the individual and population health effects, biological mechanisms, and effective strategies to mitigate risk and promote protection associated with social connection. She has given a TED Talk and given expert advice and testimony internationally to many organizations including being the lead scientific editor for a US Surgeon General's Advisory and Framework for a National Strategy.

This virtual summit will be held on Wednesday, September 18th from Noon -1:30 p.m.. It is free and open to all. For more information and to register online, please visit: https://www.arohe.org/Summit-2024

RETIREE PARKING PERMITS ARE AVAILABLE NOW!

The 2024-2025 retiree parking permits are now available! You may stop in at the Retiree Center to pick one up. Since I am a 1-person office, I would advise you to call before coming to the center to ensure that I am available to help you. I will also mail permits by request to retirees who live 30+ miles from campus. To request a permit, please email retiree@winona.edu. 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.

9

CALENDAR

hugust



RETIREE BREAKFAST

Tuesday, August 13, 2024 9:00a.m - 11:00 a.m. Kryzsko Commons Solarium

GOLD PARKING PERMITS AVAILABLE

Pick one up in our office, or if you live 30+ miles from campus, have one mailed to your home.

See p. 9 for details



LEARNING CLUB OPEN HOUSE

Thursday, August 8, 2024
9:00 a.m.- 11:00 a.m.
Winona Coutnty History Center
Renew your membership and learn about
upcoming programs!

WSU Move-In Day

Thursday, August 22, 2024

WSU CLASSES START

Monday, August 26, 2024



HISTORY ON THE RIVER CRUISE: THE FIRST 100 YEARS OF THE UPPER MISSISSIPPI RIVER REFUGE

Thursday, August 29, 2024 4:00 p.m.

For more info: <u>History on the River</u>

September

AROHE VIRTUAL SUMMIT

Social Relationships: Key to a Happy and Successful Retirement Wednesday, September 18, 2024 12:00-1:30 p.m.

Registration is FREE and open to all https://www.arohe.org/Summit-2024



9/2/24 WSU Closed

BACK TO THE FUTURE DAY TRIP

Orpheum Theater, Minneapolis, MN
Wednesday, September 18, 2024 - 7:30 performance
Registration now open!

MN VIKINGS DAY TRIP

US Bank Stadium Sunday, September 22, 2024 Tickets still available! Register online: <u>Vikings Tickets</u>





RETIREE BREAKFAST

Tuesday, September 10, 2024 Aboard the Cal Fremling Details will be sent via email

BOATS & BLUGRASS FESTIVAL

September 26-29, 2024 Prairie Island, Winona



MINNESOTA MARINE ART MUSEUM

Art of Living/Riding the Wave September 14 - 10 a.m. - Noon



CALENDAR

October



October 10-12, 2024 Mulitple venues in Winona

WSU Homecoming

October 6-12, 2024





RETIREE CENTER PATHWAYS TO RETIREMENT

Nutrition Essentials for Healthy Aging
Kent Hansen - WSU Health, Exercise & Rehab Science
Webinar: Wednesday, October 16, 2024
3:00 - 4:30 p.m.

ELEPHANT & PIGGIE: WE ARE IN A PLAY!

WSU Theatre and Dance October 16-19, 2024 - 7:30 p.m. DuFresne Performing Arts Center Dorothy B. Magnus Theater

RETIREE CENTER FALL SOCIAL

Thursday, October 3, 2024 2:00 p.m. - 4:00 p.m. American Legion 302 E. Sarnia/Winona



November and Beyond

VETERAN'S DAY

Wednesday, November 11, Retiree Center Closed



RETIREE CENTER TRAVEL:

Tropical Costa Rica - November 1-9, 2024



ELECTION DAY

Tuesday, November 5, 2024





THANKSGIVING BREAK

Retiree Center Closed November 27-29, 2024

WSU Commencement Day

Friday, December 13, 2024



UPCOMING RETIREE CENTER DAY TRIPS

St, Paul Saints Game - Spring, 2025
Purple Rain - Orpheum - April, 2025
Beauty & the Beast - Orpheum - August 2025



RETIREE CENTER WINTER SOCIAL

Thursday, December 5, 2024 2:00-4:00 p.m. American Legion 302 E. Sarnia/Winona

Marie Bush Business Office May 7, 2024



Ron Stevens Sociology - Co Founder of the Retiree Center Spouse of Richard Jarvinen May 25, 2024



Kathy Jarvinen May 8 2024



Margaret McCauley Spouce of Mac McCauley May 22, 2024



Errol Osmonson **Facilities** June 17, 2024



Jenene Lobner Facilities June 30, 2024



Marlene Kane Spouse of Jack Kane July 2, 2024

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
- 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

