# The RETIREE CENTER New York Control of the Center New York Cen



Hello Retirees,

Well, I knew the day would come eventually...yes, THE LEGEND HAS RETIRED! On March 12th, Nancy Amann worked her last day at Winona State University. Nancy worked at Winona State for over 52 years! Her loyalty and dedication are simply unparalleled. I am so glad that I got the pleasure of working with her for the past 10 years here at the Retiree Center. Nancy started at the Retiree Center 16 years ago and I started in 2014. We had an amazing work relationship, and I miss her more than words can say. Luckily, I still have her on speed-dial, and even more luckily, she still picks up! We had a lovely Spring Social/



Retirement Gathering for Nancy on March 7th. It was nice to see so many retirees there to wish Nancy well on this new phase of her life. I can happily report that so far she is loving retirement. She and her wonderful husband, Al, love going on little adventures together, and now she has more time for that. We will be celebrating Nancy and 37 more new WSU retirees this Thursday, April 25th at the Retiree Spring Luncheon. We have over 115 people signed up to take part, and it is sure to be a fantastic time.

This newsletter is full of upcoming events and classes that I hope will be of interest to you. We have a fantastic line-up of Senior University classes on tap for the fall. Please see the details on <u>page 4</u>. We also have several day trips and travel opportunities coming up later this year and into 2025. I would love to have you join us for these events.

I want to thank David Robinson and Bill Meyer for writing their fantastic guest columns for us. You will surely enjoy reading their articles. I'd also like to thank Tom Grier and Richard Bowman for their contributions. Tom Grier's composite photo of the solar eclipse is so cool! I hope you enjoy reading this newsletter, and I hope you can join us for an upcoming class or event. Looking forward to seeing you soon! - Jess





# 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.

# NEWS AND NOTES

#### **Advisory Board**

Brian Aldrich Nancy Amann Jean Bellman Debbie Block Michael Bowler Heather Dieterman Carol Galbus Sue Groth 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

**Work Study:** Madison Berrier Elise Pahl

#### RETIREE CENTER SCHOLARSHIP RECIPIENTS

The WSU Retiree Center Scholarship Committee (Joanne Rosczyk, Sandra McNab) has chosen the Retiree Center Scholarship recipients for academic year 2024-2025.

The criteria for the Retiree Center Scholarship are:

- Applicant must be a non-traditional student
- Applicant must be a full-time junior or senior
- Applicant must have at least a 3.5 cumulative GPA

The Scholarship Committee was incredibly impressed with the group of twenty-one applicants this year. The committee was able to give three \$1,000 awards for the upcoming academic year. We have to sincerely thank the Senior University Committee who generously donated \$5000 from its revenue budget to be used for scholarship awards.

Our first recipient is Jared Gucci. Jared is a History major who will graduate in Fall 2025. He is working full-time while pursuing his degree, and many weeks he works in excess of 40 hours. He also has a 1-hour commute to work. Despite all this he has maintained a 4.0 GPA. He plans to continue his education after graduation and hopes to become a teacher.

Our second recipient is Stephanie Fruth. Stephanie is working towards a degree in Early Childhood and Elementary Education. She is a working mother of a special-needs child juggling all of those demands along with her full-time classwork. She has maintained a 4.0 GPA despite these obstacles. Like Jared, she also plans to become a teacher.

Our third awardee is Haesoo Kim. Haesoo is a Nursing major who will graduate in Spring 2025. Haesoo is an international student from Korea. He is driven by the goal of becoming a nurse who provides clinical expertise and ensures that patients feel comfortable and safe in his care. He is also passionate about promoting educational opportunities in the United States to prospective Korean students.

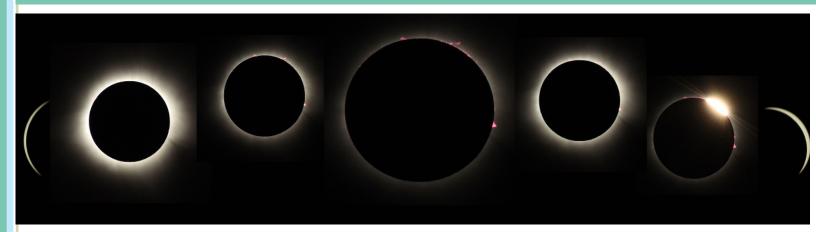
I'd like to thank our Scholarship Committee members for their hard work and dedication in reviewing the scholarship applications and awarding these very deserving students. I also want to thank those of you who have donated to our scholarship fund already, and I want to remind you that you can choose to donate to the WSU Retiree Center Scholarship through your All-University Campaign donation. All of the students who applied this year were well-deserving and demonstrated significant need for scholarship funds. The more money we raise for the scholarship, the more we can help these outstanding students.

#### 2024-2025 RETIREE PARKING PASSES ARE HERE!

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. If you live 30+ miles from campus, please let me know, and I can get a permit mailed out to you. Retirees with parking permits can park in all gold lots on campus. 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. I will bring the permits to the Retiree Breafkasts over the summer.

# MORE RETIREE NEWS AND NOTES

#### TOM GRIER



Retired MCOM professor Tom Grier and his wife, Julie, traveled to Glen Rose, Texas, to view and photograph the total eclipse of the sun on April 8. Cloudy skies in Texas cleared about one hour before the eclipse started, and the Griers enjoyed an amazing experience with about 100 other people who showed up at the small park in the center of town along the Wheeler Branch of the Brazos River. Tom said he shot about four hours of video and a few thousand photos including a timelapse sequence of the whole event on several cameras with solar filters. He picked seven photos to create a composite that shows a crescent sun just before and after totality, the corona of the sun at totality, solar flares bursting from the surface of the sun, and the diamond ring effect as the sun emerged from behind the moon.

#### RICHARD BOWMAN

Richard F. Bowman Professor Emeritus Education published a manuscript titled "*Preparing Students to Move into Societal Roles as Leaders*" in the Journal of Education and Training Studies, Vol 12 No 2 (2024), 42-47.

Viewable here: redfame.com/journal/index.php/jets/article/view/6761

Abstract: Leadership instruction in academic environments involves teaching and practicing the social and emotional skills of leadership. In practice, leadership is about connecting with the emotions and perspectives of others. This paper illustrates how to create four distinctive leadership mindsets in a classroom setting: (a) Living sustainably, (b) Race-conscious leadership, (c) Discovering self-worth, and (d) Conceptualizing leadership development through passions, principles, partners, and plans.

Richard also published a manuscript titled "*Bridging Social Inequality in the Classroom*," in International Journal of Humanities Social Sciences and Education, Vol. 11, Issue 2, February 2024, 123-129,

Abstract: Social-impact educators build bridges across social inequality in the classroom to improve the lives of everyone they teach. In daily practice, social-impact educators focus their instruction on creating a context that helps all learners find the productivity that exists within them to make a contribution to the development of society with dignity, respect, and validation. The bridge-building metaphor allows educators to use students' social positions to deepen an understanding of others' commonalities and differences. Alexis de Tocqueville observed that liberty and inequality tend to grow or shrivel in tandem. As a result, it remains challenging for free societies to limit inequality without also constraining freedom.

# SENIOR UNIVERSITY FALL 2024 PREVIEW



Here is a look at the upcoming Senior University classes for Fall 2024. Classes will be held in person.

REGISTRATION will open soon!

Oniversity		
SELECTED MULTIMEDIA HISTORY PRESENTATIONS	Gene Pelowski	Mondays September 9, 16, 23, 30 1:00-2:30 p.m. \$40.00 Maxwell Hall, Room 283
Senior U Lite: Tech Trends For Senior Learners: Exploring Virtual Reality, Artificial Intelligence & More	Toby Schmidt	Thursday September 12 5:00-8:00 p.m. \$15.00 Stark Hall 103 Auditorium
YES, YOU CAN WRITE A ONE-ACT PLAY!	Kathy Peterson	Tuesdays Sept.17, 24 October 1, 8, 15 1:00-2:30 p.m. \$40.00 Maxwell Hall, Room 158
Senior U Lite: The WSU Arboretum: More than Just Trees	Melanie Reap	Fridays October 4, 11 1:00-3:00 p.m. \$20.00 Maxwell Hall, Room 287 (1st class period only)
ACHIEVING SUCCESSFUL AGING: YOUR HOW-TO GUIDE!	Trisha Karr	Mondays Oct. 14, 21, Nov. 4, 18, 25 2:00-3:30 p.m. \$40.00 Maxwell Hall, Room 257
ELECTION 2024: Democracy Challenged	Jim Bromeland	Thursdays Oct. 17, 24, 31 Nov. 7, 14 2:30-4:00 \$40.00 Maxwell Hall, Room 283

# GUEST COLUMNIST: DAVID ROBINSON

I want to say a word or two about comedy: first, because it's my favorite genre, and second, because we are in dire need of it just now. Surveying the landscape in which we find ourselves stuck, we need a change of perspective. And considering the people who dominate the headlines, we could use a fresh set of characters, a new and revised plot, and a happy, promising ending.

What brought this need to the front of mind is the recent Academy Awards ceremony, where "Barbie" was nominated for, among other awards, Best Picture. "Oppenheimer," the winner, deserved the award. It was well-made and concerned the most distinctly non-comic event of our time, the making of the atomic bomb. But the director/producer



of "Barbie," Greta Gerson, was not even nominated for best director, despite her imaginative, innovative, and immensely popular movie. It became the other half of the unlikely Hot Couple of the Summer of '23, the so-called "Barbenheimer" phenomenon. The comedy arguably got more people back into post pandemic theaters than did Christopher's Nolan's brilliant film and Cilian Murphy's mesmerizing portrayal of the Father of The Bomb.

The best comedies not only make us laugh, they give us something to chew on other than popcorn. Think Chaplin, for instance, whose films like "Modern Times" and "The Great Dictator" included biting comment. In "Barbie," America Ferarra's speech to the denizens of Barbieland provides just such a moment. As Gloria, an office worker and single mother, she neatly summarizes the dilemmas that modern women face, sparking a mini-revolution that leads to restoring the (somewhat changed) equilibrium of the film's opening. The film ends in male/female reconciliation and the promise of a new life—in not exactly offspring—on the way.

I don't think "Barbie" is a great film, but it does what good comedy, classical and contemporary, usually does. It not only entertains; it is also hopeful, the tensions and the troubles of the characters and the story at least somewhat resolved. Today, we aren't getting much tension resolution in our cinematic diets. Much of our culture doesn't demand satirizing: it provides plenty of self-satire. (I don't need to name names here, do I?)

I'm hoping to teach another film course for the WSU Senior University next May, this time to focus on the films of Frank Capra in the 1930s and early 1940s. Sometimes dubbed "Capra-corn" for their sentimentality and feel-good endings, they begin with "It Happened One Night" (1934), the first film ever to win all five major Academy Awards, and conclude with



"It's a Wonderful Life" (1946), which has become a staple of Christmas TV viewing. All five might be seen as overly optimistic, even sappy at times. But they gave to people looking for a break from the harsh realities of the Great Depression and World War II's aftermath a brief respite. If I were advertising for them, I'd say "Be there and be square."

Writing about our own burnt-over, post pandemic era, various social commentators have opined that we are all dealing with depression, even death, to one degree or another. I'm not suggesting that a spate of more film comedies—even "Barbie II," lord help us—are going to magically heal those wounds. But they couldn't hurt.

# WSU COMMON BOOK 2023-24

Written by Andrew High

I am pleased to announce the Common Book for 2024-25: *Why We Act: Turning Bystanders into Moral Rebels* by Catherine Sanderson. Thank you to all those who offered feedback on the Common Book choice for this upcoming year. This book is about how to cultivate the moral courage to stand up for what is right. It is also about what is going on in our brains when we do not act in the face of wrongs or injustice.

In keeping with the WSU mission, I cannot think of a better book to spur our WSU community to improve the world around us. I am hopeful this book will be adopted in classrooms across campus,.

To get a better feel for what the book is about, here's the blurb from the back:

Why do so few of us intervene when we're needed—and what would it take to make us step up? We are

why we act turning bystanders into moral rebels

bombarded every day by reports of bad behavior, from the school yard to the boardroom to the halls of Congress. It's tempting to blame bad acts on bad people, but sometimes good people do bad things. A social psychologist who has done pioneering research on student behavior on college campuses, Catherine Sanderson points to many ways in which our faulty assumptions about what other people think can paralyze us. Moral courage, it turns out, is not innate. But you can train yourself to stand up for what you believe in, and even small acts can make a big difference. Inspiring and potentially life transforming, Why We Act reveals that while the urge to do nothing is deeply ingrained, even the most hesitant would-be bystander can learn to be a moral rebel.

I will add that the book's case studies and examples predominately come from college campuses. I am hopeful that this book will help students think critically about what it means to speak up and stand up with courage.

We plan to bring Catherine Sanderson to campus once in the fall and once in the spring, which will be a fantastic opportunity for our students to interact with and engage with the author.

For other members of the WSU community, we look forward to exploring ways we can engage students and the broader community outside the classroom. We are working on a schedule of programming for next year; we welcome ideas and input about what we can do to take the conversation beyond the classroom. We look forward to these conversations (and those we haven't imagined), and we invite you to think curiously and creatively about opportunities to connect the book to the work you and your colleagues do.

If you are interested in getting a desk copy of the book, a copy of a chapter to preview, or would like to discuss how this book might fit within your interests and courses, please contact me. If you would like to discuss opportunities to work together on planning events/programs or co-sponsoring the author visit, please send me a note. We look forward to making this a truly common book that is read and engaged with across the WSU community.

Andrew Higl, PhD Professor of English Winona State University

# RETIREE VOLUNTEER OPPORTUNITIES

#### MINNESOTA MARINE ART MUSEUM VOLUNTEERING

Winona is so lucky to have a world-class art museum in its backyard. As a 501(c)(3) institution, the Minnesota Marine Art Museum relies on thousands of annual work hours by a generous corp of volunteers. Volunteering allows you an opportunity to share your talents with the community, connect with other people who share your interest, and support MMAM's mission. A variety of volunteer opportunities are available, including the following:

Greeters -Greeters play a significant role in helping make people feel welcome as they explore the museum. They serve as gallery attendants to keep visitors and artwork safe, answer questions and point out resources.

Family Program Assistants - Family Program Assistants work with children and families at the Museum's family programs, such as Toddler Tuesday and Second Saturdays. These volunteers help children with art projects, read stories, and help set-up and clean-up.

Docents -Docents are specially trained volunteers who facilitate tour experiences for visiting groups. Docents lead tour groups of all ages and backgrounds. They use inquiry, discussion and interactive strategies to help people make personal connections with the art. This position requires a ten-week training course offered every other winter. Docent classes are only held once every two years.

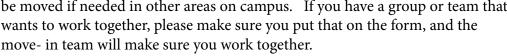
If you are interested in pursuing any of these opportunities, please contact Heather Casper: hcasper@mmam.org

#### JOIN THE WSU WELCOME CREW THIS FALL!

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.





Sign up for Welcome Crew here.

Volunteer Benefits:

- Opportunity to meet and welcome new students and their families
- Receive a free Welcome Crew T-Shirt
- Free lunch or dinner on the day you volunteer
- That warm fuzzy feeling you get when you help!

Once you are signed up, more information will come over the summer as the date approaches. Thank you for considering this opportunity to welcome our new students and their families to campus!

# UPCOMING RETIREE CENTER DAY TRIPS

On Tuesday, May 21st, the Retiree Center will be hosting a daytrip to the Orpheum Theater in Minneapolis to see an evening performance of *MJ: The Michael Jackson Musical*.

We have secured great main-level seats for the show. Here is some information from the play's website:

"He is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry is electrifying cities across North America. Centered around the making of his 1992 Dangerous World Tour, and created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Jackson into legendary status."

We will not be stopping for dinner on this trip. We would recommend eating a late lunch/early supper before we leave or packing something to eat on the bus. We will have snacks on the bus, and we will stop at Kwik Trip on the way there so that people can get more snacks if necessary.



#### Trip Itinerary:

4:00 pm – Board bus at Elks Parking Lot (4540 Service Drive, Winona).

5:15 pm – Stop at Kwik Trip in Red Wing for snacks

6:45-7:00 pm – Arrive at the Orpheum Theater

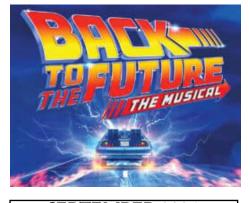
7:30 pm – Showtime

10:00 pm - Board the bus for Winona

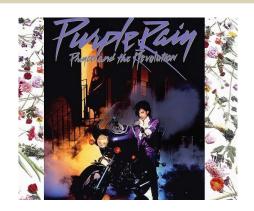
12:30 am – Arrive at the Elks Parking Lot

The cost of the trip is \$125/person and includes your ticket to the play and the bus ride. This ticket price does not include a tip for the bus driver, so please bring a couple dollars if you want to leave the driver a tip at the end of the day.

Please <u>register soon</u> if you are interested!







APRIL 2025



AUGUST 2025

Watch for emails from me with details about these upcoming trips! I am also planning a Vikings game day trip for this fall...details to come.

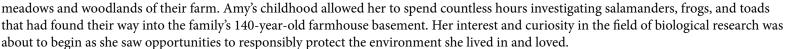
# GUEST COLUMNIST - BILL MEYER

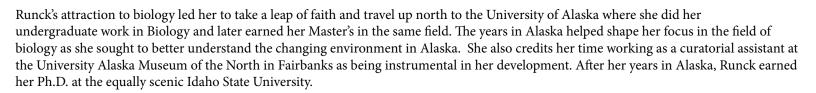
#### AMY RUNCK - WSU LAND STEWARD

WSU's Dr. Amy Runck wears a number of academic hats. She is both an Associate Professor of Biology and the Chair of the Biology Department. In addition, Amy serves as WSU's Land Steward. Her research interests include combining field biology and molecular techniques in an attempt to better understand our ever-changing environment. Amy's role as Land Steward includes enhancing the university's natural resources and working to promote strategies for managing the campus grounds by promoting sustainable and eco-friendly practices. This has led her to work with WSU's Landscape Arboretum to control invasive species such as buckthorn, especially in the Garvin Heights Restoration Project.

Runck first came to Winona in 2010, and after viewing the picturesque bluffs along the Mississippi River, knew Winona was the place to call home. Her journey began years earlier on a 240-acre farm outside the "most German town in America", New Ulm, Minnesota. New Ulm has many claims to fame, including enjoying a midsummer Bavarian Blast festival and having one of the oldest bars in Minnesota.

However, Amy's interests could be found back at the family farm where she grew up with her four sisters. Her dad could often be found working on old cars and tractors when he wasn't tending to the soybeans, corn, and the turkeys. Amy and her sisters preferred to spend their spare time studying nature in the





Dr. Runck's travels didn't end in Idaho or Alaska. Eventually, Amy's winding road led her to WSU where she has maintained a busy schedule over the past 14 years, adding more responsibilities as the years progressed. In 2014 she led a group of WSU students on a project to study blood proteins collected from the tails of salamanders to better understand how these small amphibians survive winters with very low oxygen levels. On another field project her travels led her to study the numerous bats found in Costa Rica where over one hundred different bat species can be found. She later traveled to Peru where she continued her field research with another faculty member. Her travels didn't end there. In 2017 Amy traveled to Nicaragua with another group of WSU students for Med Life.

More recently, she accepted the role of WSU's Land Steward in 2017. Although this role involves many other duties, the one she finds most satisfying and demanding is her participation in Arbor Day. On this day, through a collaboration of members of the Landscape Arboretum committee, students, faculty, and volunteers, a day is set aside to celebrate the importance of trees on campus, in our community and throughout the world.

When asked what she enjoys most about her position at WSU, Runck replied that it was the diversity of her experiences. From teaching students in the classroom to planting native plants in one of the many native gardens to promoting the campus grounds as an "outdoor classroom and laboratory," Amy keeps very busy. Her role as WSU Land Steward allows her to bridge her experiences in the classroom with her involvement with the WSU Landscape Arboretum. It is in this diversity of experiences, she finds satisfaction and pleasure.

At the end of the day Amy can be found at home with her many 4-legged friends. If a person would ask her whether she was a cat lover or a dog lover, she would struggle to answer. In fact, if she were to truthfully answer the question, one would find out she is the proud owner of a much-loved dog and several cats. Upon closer examination, Amy would reveal her friendly pet tortoise and a few other animal friends that can be found in or near her 1920's Winona home. If Amy finds a spare moment, she can be found reading an adventure book such as Ernest Shackleton and his exploration of the Antarctic or sitting back and listening to some alternative music from the 90's. Not surprisingly, spare moments are hard to find for Amy Runck, WSU's steward of the land.



# CALENDAR



### WSU SENIOR DESIGN SHOW -HUMAN NATURE-

Through Friday, May 5, 2023 Watkins Gallery More info:

https://www.winona.edu/liberalarts/events.asp



#### WSU COMMENCEMENT

Friday, May 3, 2024



#### RETIREE BREAKFAST

Tuesday, May 14, 2024 9:00-11:00 a.m. Kryzsko Commons - Solarium



Monday, May 27, 2024

#### RETIREE CENTER DAY TRIP

MJ: The Michael Jackson Musical Orpheum Theater - Minneapolis Tuesday, May 21, 2024 Register now!

# June



Begins June 27, 2024
For more info: <a href="https://www.grsf.org/">https://www.grsf.org/</a>

We still have a few spaces available in Jane Carducci's Shakespeare in Performance Senior U course.

Register <u>here!</u>

#### Winona Steamboat Days

June 12-16, 2024





#### RETIREE BREAKFAST

Tuesday, June 11, 2024 9:00-11:00 a.m. Kryzsko Solarium



**SPF 30** 

# JUNE/JULY RETIREE CENTER HOURS

Monday: Noon-5:00 p.m. Tuesday: Noon-5:00 p.m. Wednesday: 9:00 a.m. - 2:00 p.m. Thursday: 9:00 a.m. - 2:00 p.m. Friday: 9:00 a.m. - 2:00 p.m.



June 30- July 21, 2024

For more info: <a href="https://www.mnbeethovenfestival.org/">https://www.mnbeethovenfestival.org/</a>

# **JUNETEENTH**

Wednesday, June 19, 2024
Retiree Center Closed

# CALENDAR







#### RETIREE BREAKFAST

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

#### WINONA COUNTY FAIR

July 10-14, 2024



#### SHAKESPEARE IN PERFORMANCE SENIOR UNIVERSITY COURSE

Sundays; July 14 & 21, 2024 Class will meet for 2 hours prior to performances and for 1 hour afterwards Taught by Jane Carducci GRSF Guest speakers each week



#### HISTORIC BUNNELL HOUSE TOURS

Friday/Saturday July 19-20, 2024 10:00 a.m. - 2:00 p.m.

# Rugust and Beyond



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

#### RETIREE CENTER TRAVEL

Tropical Costa Rica - November 1-9, 2024 Old World Sicily & Malta - March 16-27, 2025 Islands of New England - Sept. 12-19, 2025



#### RETIREE CENTER EVENTS - SAVE THE DATES!:

Fall Social - Thursday, October 3 Winter Social - Thursday, December 5 Living History Premiere - Monday, December 9

#### WSU FIRST DAY OF CLASSES

August 26, 2024

#### WSU Homecoming

October 6-12, 2024



#### RETIREE BREAKFAST

Tuesday, September 10th Aboard the Cal Fremling!



# IN MEMORIAM



Mike Delong Biology April 18, 2024

#### 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.



Sharon Martin Spouse of Dave Martin February 10, 2024



Eileen "Corky" Amundson Spouse of Ray Amundson December 31, 2023



Shirley Walden Spouse of Everett Walden April 14, 2024



Maxine Anderson Spouse of Dwight Anderson March 11, 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

