



UMRA FORUM

OCTOBER 2022

Tackling climate change and building a sustainable energy future: the essential role of higher education

Jessica Hellmann, Ph.D., the guest speaker for UMRA's October 25 luncheon forum at the Campus Club, is executive director and Ecolab Chair in Environmental Leadership at the University of Minnesota Institute on the Environment and a professor in the College of Biological Sciences Department of Ecology, Evolution and Behavior.

Hellman will share with us the critical role that universities have to play in addressing the climate crisis—by understanding climate impacts, proposing strategies for managing climate risks, and engaging the world in the transition to a sustainable energy future. This work involves every discipline of academia and requires a special capacity to collaborate with policy makers, corporations, and the broader society.

Grand challenges ahead

“We’ve made much progress, but there are grand challenges still ahead,” Hellman says, and she should know. She has been practicing environmental, ecological, and climate science for more than 25 years. She has studied climate impacts for natural and human ecosystems and has proposed new—and sometimes controversial—strategies for adapting to that change. And she leads an institute that pursues climate and other sustainability solutions, by embracing both technology and policy and building the capacity of people to pursue those solutions.



Jessica Hellman

Hellmann holds a B.S. from the University of Michigan and a Ph.D. from Stanford University. She served as a postdoctoral fellow at Stanford's Center for International Security and Cooperation and the University of British Columbia's Centre for Biodiversity Research and, before coming to the U of M in 2015, she was a faculty member at the University of Notre Dame. She works with governments, corporations, and non-profits to build investments in renewable energy and adaptation.

Plan to arrive by 11 a.m. on Tuesday, October 25, for a buffet lunch starting at 11:15 in the Campus Club West Wing Dining Room. [Reservations and prepayment](#) are due by October 15.

—Ron Matross, UMRA president

OCTOBER 18 WORKSHOP

Medicare changes and your health insurance options for 2023

The Inflation Reduction Act of 2022 includes significant legislation on prescription drug prices. To understand the potential impact on each of us as individuals, UMRA's October health insurance workshop will feature a discussion of the legislation and what it means for beneficiaries of Medicare.

Our presenters on this topic will be two experts from Minnesota-based HealthPartners, the largest consumer-governed nonprofit health care organization in the country: Barbara Cox, vice president, Legislative and Regulatory Affairs, and Amy Schultz, director, Medicare Programs.

See **WORKSHOP** on page 3 ...

From the President

Programming modalities and mobility

After the long pandemic shutdown, many of us were excited to attend an in-person UMRA luncheon forum in May. Zoom is great, but it can't duplicate the experience of gathering in person—the table chats, the hallway conversations, the fun of meeting interesting new people.



Ron Matross

In person, you can experience nuance and serendipity to a much greater extent than you can when you are meeting virtually.

Nevertheless, we heard from several UMRA members who have appreciated our Zoom programming, including people who don't live in the area and people who would rather avoid trekking into the Campus Club in mid-winter. We also heard from members who live locally but whose circumstances limit their mobility, including some who have significant caretaking responsibilities and others whose physical condition limits their own ability to get around. So, what to do going forward? How should we program for our diverse membership?

The UMRA Board has concluded that our 2022–23 monthly programs should be a mix of in-person and

virtual events. Our forums, focused on things happening in the world around us, will be in-person luncheon meetings at the Campus Club—except for January and February, which will be virtual forums via Zoom. Our monthly workshops, focused on wellness, both broadly defined and with some topics of particular interest to those with health issues, will all be Zoom webinars. In addition, we will continue to look at putting on social events like our recent summer social and riverboat cruise.

I'm pleased with this planned mix, but I wonder whether we could be doing more for those with limited mobility. Specifically, can we find new ways to help these members experience the camaraderie and fellowship of in-person interaction with fellow UMRA members?

One possibility could be a luncheon venue with close parking that doesn't involve a long trek like the one from the East River Road Parking Garage to the Campus Club. Perhaps we should also pursue an idea proposed by my friend and longtime UMRA leader Earl Nolting: having neighborhood get-togethers specifically for older members and those who find moving around challenging. What do you think?

—Ron Matross, UMRA president, r-matr@umn.edu

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'A cornucopia of riches' brought to life with UMRA grant support

Joanne Eicher's captivating new book, *Global Trade and Cultural Authentication*, is the capstone of a stellar career launched by serendipity. Published with support from UMRA's Professional Development Grants for Retirees (PDGR) program, the book is about the artistry and history of the Kalabari people of Nigeria.

Eicher was doing research at the University of Nigeria in 1966 when a colleague invited her to visit his home in the Niger River Delta. She became fascinated by what she saw in the dress of the Kalabari—beauty that reflected their sensibilities, and patterns that hinted at their historic connections to other parts of the world. That fascination furthered Eicher's rich career focused on dress, fashion, and culture.

Her book includes much of her own published work plus contributions from experts around the world, including eight former U of M students. According to one reviewer, the result is a "finely honed collection" and "a cornucopia of riches."

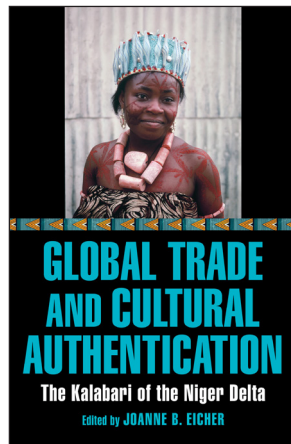
Global Trade and Cultural Authentication was published in August by the University of Indiana Press, the premier publisher of African cultural books.

A 2021 PRGR grant paid to include 80 color photos from Eicher that were central to her story of the Kalabari people. Earlier PDGR grants paid for transferring her [African photo collection](#) to the [U of M Libraries UMedia](#) digital library (2015), editorial and administrative work in organizing the book (2016), and travel to a Kalabari festival in Baltimore to interview key people for her concluding chapter (2018).

"I am so appreciative of the UMRA support that I got for this book," Eicher said. "Humanities have never had an easy time [with] grants. Being retired and getting funds to work on this book was such a boon."

Eicher is regents professor emerita in the College of Design and a long-time UMRA member.

—Will Craig, Communication & Outreach Committee



PDGR

Thanks for your support

If you have made a financial contribution to UMRA's Professional Development Grants for Retirees (PDGR) program, thank you for your generous support. If you have not made a gift or would like to give again, it's easy to make your tax-deductible contribution online at z.umn.edu/PDGR-2020.

Or, for information about making a tax-efficient gift from an IRA if you are age 70½ or older, contact Lynn Praska, senior planned giving officer, U of M Foundation, at lpraska@umn.edu or 612-624-4158.

All U of M retirees are eligible to apply for grants

The PDGR program is an annual competition with applications accepted October 1 to December 31. It provides financial support for University retirees to continue scholarship or pursue new projects. Funding of up to \$5,000 per grant is available. All retirees from all five campuses within the U of M System are eligible.

You can find more information about the program, including the instructions for applying for 2023 funding, at umra.umn.edu > Serving You > Grants for Retirees. Please consider submitting an application.

If you have questions or suggestions for the grant program, contact John Bantle, M.D., PDGR Committee chair, at bantl001@umn.edu.

... **WORKSHOP** from page 1.

Staff from the University of Minnesota Office of Human Resources (OHR) will then present their annual update on the University's retiree health plans, including how the U of M plans compare to other plans, how to get detailed information on specific plans offered through the University, and how the annual enrollment process works.

Following the presentations, workshop attendees will have an opportunity to ask questions of the HealthPartners and OHR presenters.

The workshop will be a virtual presentation via Zoom webinar from 11 a.m. to 12:15 p.m. on Tuesday, October 18. [Please register](#) and mark your calendars to attend this important workshop.

Open Enrollment begins November 1.

—Ron Matross, UMRA president

HELLO, my name is Mary Knatterud

Hometown: I was born in Pipestone, a picturesque town in southwestern Minnesota near the South Dakota border, but moved at age 2 to Moorhead, on the North Dakota border. In both places, my dad was the high school principal.

When did you become a member of UMRA? In the spring of 2021 when I learned that Dr. Frank Cerra, my dear former colleague, was president.

What was your very first job? I babysat for neighborhood families—for 50 cents an hour, which actually added up to be enough for me to buy a 3-speed bike at the local Coast to Coast hardware store plus hard contact lenses.

What was your occupation when you retired? For several decades, I edited scholarly manuscripts and produced publications for the Department of Surgery (and I still do occasional work, mostly writing, mostly pro bono).

Where were you when you first learned of the Watergate break-in in 1972? I had graduated from high school earlier that month and was focused on an upcoming trip to Disney World during its first summer of operation, but I vaguely recall the early murky reports from NBC's John Chancellor as well as in the newspapers and *Newsweek*. I remember the exact moment in August 1974 when I learned that President Nixon had resigned: I was up north working as a counselor at Concordia College's Spanish camp when a kitchen staffer heard the news bulletin on the radio and breathlessly relayed it.

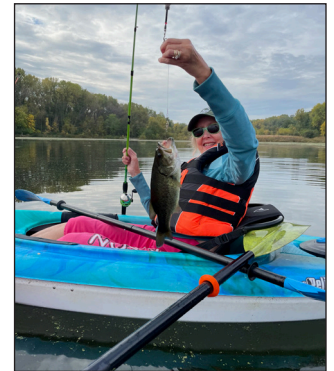
If you were an Olympic athlete, what would you like your sport to be? I would've loved to complement my yellow ribbon in intramural tennis with a gold medal in the Olympics! Utter fantasy, of course. Pre-Title IX, my otherwise superb high school had no girls' tennis team or coach. A girlfriend and I puzzled out the scoring and rules of the game from the "T" volume of my family's encyclopedia set.

Do you have a favorite place on the U of M campus? I always loved walking on the Washington Avenue Bridge (on the outside lanes, even in winter), high above the Mississippi. Having grown up camping at Itasca State Park, I had often scampered barefoot across that same waterway at its headwaters—and couldn't

believe how big and deep and mighty it became by the time it reached the Minneapolis campus.

What is a fun fact about you we might not know?

In October 1991, at a medical writers' conference in Toronto, I had just finished teaching a workshop on punctuation strategies and was taken aback by how crowded the hotel lobby was. I stood there perplexed for a few minutes when a wild roar went up, and in strolled a shyly beaming Princess Diana, tiara and all, just a few feet in front of me, with a largely ignored Prince Charles lagging far behind her.



Mary Knatterud enjoyed kayaking (and catching bass!) on Snelling Lake in Fort Snelling State Park last fall.

What is something you currently enjoy doing with your time?

Every chance we get, my husband and I fish from our kayaks on our favorite lakes in the Cities and up north.

Celebrating 50 Years of Title IX

Title IX of federal civil rights law was passed in 1972, changing women's access to sports. The law protects people from discrimination based on sex, in education programs and activities that receive federal financial assistance.

UMRA will celebrate that change by attending one or more Gopher women's sports events this year.

Believe it or not, the University of Minnesota did not have an official intercollegiate woman's athletics program (swimming and diving) until 1971. And the Big Ten Conference did not open the door to women's intercollegiate programs until 1981. Times have changed and it's worth celebrating.

Our first event will be a women's basketball game sometime this fall. Their [2022-23 schedule](#) has been announced, but tickets were not yet available as of this writing. UMRA will notify its members as soon as the details are known.

— Will Craig, Social Activities Committee

VOLUNTEER CENTER

An exceptional postlude to a long career

David Hunter, M.D., retired University of Minnesota Medical School professor and interventional radiologist, typically volunteers more than 200 hours annually by participating in University Retirees Volunteer Center (URVC) opportunities, including *Help at Your Door* and *Academic Integrity Matters (AIM)*, and various University research studies. His current volunteering also includes serving as treasurer of the URVC Management Committee.

“I do it because it makes me feel good,” Hunter said when asked why he volunteers. In particular, “Being an AIM volunteer has been an exceptional postlude to a long career. It has given me much greater insight into the human experience.”



David Hunter

Upon his retirement, Hunter and his partner, Janet Legler, decided to focus their volunteer efforts on projects representing a societal need, such as education and physical or mental health, and where “we feel we can help make a difference,” he said.

Before Hunter decided to apply to attend the U of M Medical School, where his father was a cardiothoracic surgeon, he was enrolled in a University of California San Diego doctoral program focused on solid-state physics theory. He envisioned himself as a professor in a small college, walking across campus with a pipe in his mouth, dressed in a tweed jacket with leather on the sleeves, on his way to teach students.

Today, in addition to his extensive volunteer work, Hunter enjoys traveling. His upcoming travel adventures include trips to Hawaii, Portugal, and Colorado, along with an annual “bro-cation” with his brothers.

To learn more about the variety of volunteer opportunities available through the Volunteer Center, visit urvc.umn.edu or call 612-625-8016.

—Deanne Magnusson, URVC vice chair and project director

October Luncheon and Forum

Tuesday, October 25

Campus Club, Fourth Floor
West Wing Dining Room
Coffman Memorial Union

10:45–11 a.m. Check in
11:15 a.m. Buffet lunch

Featured speaker

Jessica Hellman, director
U of M Institute on the Environment

Menu

Spinach and wild mushroom ravioli served with roasted seasonal vegetables and Parmesan cream sauce.
Mixed greens salad with champagne vinaigrette.
Locally made bread with Hope Creamery butter.

Plated vegan option

Coconut curry vegetable bowl. DF, GF

Reservations due by October 15

Prepayment of \$30 per person.

[Reserve and pay online](#) or email Diane Young at young054@umn.edu.

Cancellations and refunds will be honored until October 15. We are not able to accommodate registrations on the day of the event.

Parking

For a discount of \$1 per hour in University parking facilities, use the QR code on the back of your UMRA membership card when exiting.
Credit cards only.

Food for thought

“If you don’t think clothing is important, try to go to work without it.”

—Joanne Eicher, regents professor emerita
Department of Design, Housing & Apparel
University of Minnesota College of Design

Welcome new members

Please give a hearty welcome to 48 new members who joined UMRA in August 2022. For contact information, visit the Member Login page at umra.umn.edu (login required).

Joel Anderson, Office of Information Technology (OIT), UMN Information Security, security risk analyst

Linda Anderson, College of Education and Human Development (CEHD), Path to Reading Excellence in School Sites, administrative assistant

Melissa Anderson, CEHD, Department of Organizational Leadership, Policy and Development, professor emerita

Nancy Anglim, Boynton Health Service, Boynton Dental Clinic, executive accounts specialist

Mary Bendtsen, Office of the Vice President for Research (OVPR), data analyst

Ralph Bolman, Medical School, Department of Surgery, professor emeritus

David Born, School of Dentistry, Primary Dental Care, professor emeritus

Jeffrey Broadbent, College of Liberal Arts (CLA), Department of Sociology, professor emeritus

Todd Burnes, College of Food, Agriculture and Natural Resource Sciences (CFANS), research scientist

Arthur Chen, College of Design, School of Architecture, Center for World Heritage Studies, director

Victoria Coifman, CLA, African American and African Studies, assistant professor

R. Dennis Cook (and Jami Cook), CLA, School of Statistics, professor emeritus

Patricia Dahlman, Office for Academic Clinical Affairs, Center for Bioethics, executive assistant

Rosanne A. Duffee, CLA Student Services Office, executive administrative specialist

Scott Ellison (and Judy Ellison), Intercollegiate Athletics, Facilities & Capital Projects, senior associate athletics director

Sylvia Fiefarek, University Services, Finance, executive accounts specialist

Theresa GanglGhassemlouei, Global Programs and Strategy Alliance, assistant director for advising

David Golden, Office for Student Affairs, Boynton Health, Public Health and Communications, director

Patricia Goodman-Mamula, School of Veterinary Medicine, teaching specialist 2

John Gulliver, College of Science and Engineering, professor emeritus

Michael Hancher (and Linda Hancher), CLA, Department of English, professor emeritus

Kathleen Hansen, CLA, Hubbard School of Journalism and Mass Communication, professor emerita

Mary Hoff, OVPR, Institute on the Environment, administrative consultant/analyst 1



Fifty-two UMRA members and guests enjoyed an evening cruise on the Mississippi River out of Harriet Island Regional Park in St. Paul aboard the Betsey Northrup on September 8. It was a sublime setting for socializing, and the early autumn weather was perfect. Photo: Jean Kinsey

Hökan, Department of Mechanical Engineering, Institute of Technology, MEnet, senior computer geek

Jason Jacobs, OVPR, Sponsored Projects Administration, senior grant and contract administrator

Mary Jo Kane, CEHD, School of Kinesiology, professor emerita

Julie Kirihara (and Randy Kirihara), College of Biological Sciences, Center for Mass Spectrometry and Proteomics, facility manager

See **WELCOME** on page 7 ...

... **WELCOME** from page 6.

Steven Koppen, Facilities Management, painter

Donald Liu (and **Molly Wieland**), CFANS,
Department of Applied Economics, professor

Michael Lougee (partner of UMRA member Wendy Lougee)

Jeylan Mortimer, CLA, Department of Sociology, professor emerita

Melody Pauling, CLA, Department of German, Nordic, Slavic & Dutch, senior office and administrative services supervisor

Ray Phillips, OIT, security analyst

Joan Portel (partner of UMRA member Virgil Mathiowetz)

Diane Rackowski, CLA, Language Center, technical coordinator

Peter Lawrence Rissi, Dining Services & Administration, food service worker

Joan M. Saunders, College of Continuing and Professional Studies, Online and Distance Learning, assistant director

Susan Schroeder, CFANS, Department of Fisheries, Wildlife and Conservation Biology, research associate

Michael Swanson (and **Nina Swanson**), Facilities Management, Engineering, project management

Cynthia Vehe (partner of UMRA member Richard K. Vehe)

Julie Westlund, University of Minnesota Duluth, Division of Student Life, Career and Internship Services, director

Linda L. Wilson, CLA, Hubbard School of Journalism and Mass Communication, assistant to the director



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Two hikes in October

Isn't autumn the best time of year in Minnesota for a hike? The weather is cooler, and the leaves are spectacular. So, put on your hiking shoes and join members of the UMRA Hiking Club for one or two hikes in October, on October 3 in North Oaks and on October 17 in Bloomington along Nine Mile Creek. Both hikes will start at 9:30 a.m. and accommodate all hikers, no matter your level or speed.

In November, we will move to our winter hiking schedule, with one hike on the first Monday of the month from November through March.

If you have not yet hiked with us, please come in October. I promise you this group of hikers is funny and fascinating, and you will make new friends! For details and to sign up in advance (required) for one or more hikes, go to the [Hiking Club](#) page on the UMRA website.

—Bev Moe, UMRA Hiking Club

October Photo Club meeting

“Perspective” will be the theme when the UMRA Photo Club meets at 12:30 p.m. on Tuesday, October 11, in the St. Anthony branch of the Hennepin County Library.

We welcome all UMRA members with an interest in photography. Come and join in our fun and laughter. For those interested in having lunch together first, meet at the Great Dragon Restaurant, just across the St. Anthony Shopping Center parking lot from the library, at 11:30 a.m.

Contact Sheri Goldsmith May at gold009@gmail.com or Craig Swan at swan@umn.edu for more information, including guidelines for sharing pictures.

Book Club I to meet October 21

Mary Jane Towle will lead the discussion of *This Tender Land* by William Kent Krueger when the UMRA Book Club meets via Zoom at 2 p.m. on Friday, October 21.

Email Pat Tollefson at p-toll@umn.edu for more information, including suggestions for starting a new book club.

A summary of the group's discussion of their September selection, *The Personal Librarian*, is posted under “News” on umra.umn.edu.

Fourth Friday Book Club October 28 meeting

Notes from the Underground by Fyodor Dostoevsky was chosen by members of UMRA's Fourth Friday Book Club for their meeting from 2 to 3:30 p.m. on Wednesday, October 28, via Zoom. New members are welcome!

Several titles by Dostoevsky were suggested. *Notes from the Underground*, published in 1864, is cited as the forerunner of themes evident in *Crime and Punishment* and *The Brothers Karamazov*, and is regarded by many critics to be one of the first existentialist novels.

It is arranged in three parts; the first part is in monologue form, spoken by an unnamed narrator who comes to be known as the Underground Man.

In its simplicity, *Notes from the Underground* appears as several riddles, seemingly ridiculous in their naivete but far from it. For example, the simple equation two-times-two is an attack on intellectual attempts at governing human behavior by systems of logic, and an untreated toothache is an affirmation of the absurdity of a utopian existence.

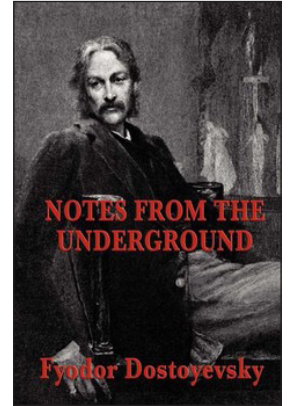
The second and third parts of the novel seem to confirm a history of isolation and anonymity and foreshadow outsized bitterness.

Contact Margaret Catambay at m-cat@umn.edu or Dorothy Marden at marden@umn.edu for information about how to join the meeting.

Find UMRA on Facebook

UMRA has a Facebook group open to all University of Minnesota retirees. You can connect with the nearly 150 members who are already using the group by going to facebook.com/groups/umretirees and requesting permission to join.

All U of M retirees who request admission will be accepted. Please feel free to suggest the group to your retiree friends or invite them directly from the UMRA Facebook group page once you are a member.



FAMILY HISTORY

Discovering ancestral homelands

UMRA members Lee and Kevina Munnich will discuss how they have combined visiting the places their ancestors came from with their travels in Europe when the Family History Interest Group (FHIG) meets via Zoom from 10 to 11 a.m. on Wednesday, October 19.

The Munnichs will give four examples: Suhl, Germany, where Lee's great-great-grandfather Ernst Bachner came from; Bad Münster am Stein-Eberburg, Germany, where Kevina's Leis family ancestors lived; Laerdal, Norway, where Lee's great-grandfather Einar Lee migrated from; and Muckanagh, County Westmeath, Ireland, where Kevina's Igoe ancestors lived.

Lee and Kevina will share some lessons learned from these experiences and from other efforts they have made to visit their ancestors' homelands.

[The Zoom link for the meeting](#) will be emailed to all UMRA members in early October. We hope you can join us.

—Lynn Anderson, FHIG co-chair



The triple-nave Borgund Stave Church, c. 1200, is in Laerdal, Norway. Photo: Visit Norway

Thank you to The Pillars of Prospect Park for sponsoring UMRA's October 2022 newsletter and forum, and to University Bookstores for sponsoring UMRA's October 2022 newsletter.

In remembrance

As we learn of the passing of UMRA members and University leaders, we send a message of condolence to their families. Please join me in remembering our colleagues.

Helen Johnson Carlson died July 20. Born and raised in Duluth, she graduated from the U of M Twin Cities, where she also earned her Ph.D. in education, and taught at the U of M Duluth for 28 years. Her husband, Gordon "Gordy" Carlson, passed away in August 2021. Helen Carlson was a devoted UMRA member who was active on our Cares Committee from its origin to her passing.

Clarence Frederick "Fred" Farrell died June 25. Dr. Farrell joined the U of M Morris faculty in 1965, specializing in languages (French); served as chair of Humanities; retired as professor emeritus in 2001; and served as president of the U of M Morris Retirees Association for several years.

Robert Fisch died June 12. Born in Budapest and a Holocaust survivor who came to the University of Minnesota as a medical intern in 1958, Dr. Fisch retired from the Medical School faculty in 1997. He was an advocate of early childhood education, an accomplished artist and author, and recipient of the Knight's Cross of the Hungarian Order of Merit for his contribution to Holocaust education.

Richard Folden died April 10. He managed one of the University of Minnesota Twin Cities computer centers before retiring in 1992 and had been an active member of UMRA since 1994.

David Kerkow died June 12. He was an assistant supervisor of engineering and physical plant in the Office of the Vice President for Finance and Operations. His wife of 70 years predeceased him, and he lived to be 99 years of age.

Harriet Reiss died July 18. She was the wife of sociologist and Professor Emeritus Ira Reiss. Both were active members of UMRA for many years.

—Kathleen O'Brien, UMRA Cares Committee

UMRA Cares supports members

For assistance and support in the event of the death or serious illness of an UMRA member or family member, please email umracares@umn.edu or call 612-626-4403 and leave a message for UMRA Cares.



UNIVERSITY OF MINNESOTA RETIREES ASSOCIATION

McNamara Alumni Center
200 Oak Street S.E., Suite 250
Minneapolis, MN 55455-2002

October events via Zoom

- 17 Executive Committee
- 18 Living Well Workshop
- 19 Family History Interest Group
- 21 Book Club I
- 24 Board of Directors
- 28 Fourth Friday Book Club

Share upcoming events any time by emailing the UMRA webmaster at leegi001@umn.edu. Include event title, date, time, a brief description, and contact information.

MEMBER DISCOUNTS

Center for Spirituality & Healing and the Arboretum

More than a dozen University units offer nice [discounts to UMRA members](#). Let's show our support by giving them our business while enjoying a discounted price. Here are just two examples:

The [Earl E. Bakken Center for Spirituality & Healing](#) offers programs to enrich your health and wellbeing and help you recover, many with a 10 percent discount to UMRA members. The last two years of the pandemic have been hard on everyone. This is a good time to explore these innovative programs.

The Minnesota Landscape Arboretum is gorgeous in the fall. "The Arb," as it is commonly known, offers a 10 percent discount on its annual membership fee to UMRA members. Join anytime; membership is valid for one year from the date of purchase. In addition, a discounted admission fee of \$12 per person is available for groups of 10 or more. Check it out. You can't go wrong at [the Arb](#)!

—Bev Moe, UMRA discount manager

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