



University of Michigan  
**Retirees Association**

Volume 15, No. 2

August 2013

**2013-2014  
MEETING DATES**

*(See pg. 2 for more details  
on time and locations)*

**September 12**

**October 10**

**November 14**

**December 12**

**January 9**

**February 13**

**March 13**

**April 10**

**May 8**

**COMING SOCIAL HOUR PROGRAMS**

**October 10:** Annual Meeting

**November 14:** "Advancing Sustainability, Education, Research and Operations at the University of Michigan" – Donald Scavia, PhD, Special Counsel to the President on Sustainability, Professor and Director at the Graham Institute

**December 12:** Regent Mark Bernstein, J.D.

**February 13:** "Are FestiFools and FoolMoon really WonderFool?" – Mark Tucker, Lecturer/Art Director, The Lloyd Hall Scholars Program/U-M Creative Director, WonderFool Productions



**EXERCISE & RELAXATION CLASSES**

**REGISTER NOW FOR CLASSES  
STARTING IN SEPTEMBER**

Choose from over 100 MHealthy classes, including Fitness Plus Fifty classes, offered at various campus locations and the Ann Arbor Ice Cube. Classes run for 14 weeks. Cost varies by class. For more information, call 734-647-7888, or visit:

[www.mhealthy.umich.edu/exercise](http://www.mhealthy.umich.edu/exercise)

**EXERCISE PROGRAMS FOR PEOPLE  
WITH SPECIAL HEALTH NEEDS**

Regular exercise helps many people with chronic health conditions feel better. If you have a chronic condition or complex health history,

MHealthy's qualified fitness specialists will design a program just for you and help you do it safely. Call **734-998-8700** to schedule a free 30-minute consultation. For more information, visit:  
[www.mhealthy.umich.edu/fitscript](http://www.mhealthy.umich.edu/fitscript)



**G-250 Wolverine Tower, 3003 South State Street, Ann Arbor MI 48109**

*(The Wolverine Tower building is located at the SE intersection of Eisenhower Blvd. and S. State St. Parking is available nearby.)*

**Web site:** <[www.hr.umich.edu/umra/](http://www.hr.umich.edu/umra/)> **Email:** <[umra@umich.edu](mailto:umra@umich.edu)>

**Address changes or missing issues:** 734-763-7385

---

## UMRA BOARD OF DIRECTORS

### Terms Ending in 2013

**Frederick J. Beutler**

fjb@umich.edu

**CESF REPRESENTATIVE**

**James R. Thiry**

CarolJimThiry@aol.com

**PRESIDENT**

**Marty Eichstadt**

martye@umich.edu

**Jan Winslow Smith**

jws@netrek.net

**SECRETARY**

### Term Ending in 2014

**Patricia Butler**

patbutler9@gmail.com

**VICE-PRESIDENT**

**Larry Katz**

cakatz@umich.edu

**Lawrence Jones**

lwjones@umich.edu

**SENATE REPRESENTATIVE**

**Elizabeth Mutschler**

elmu@umich.edu

**SENATE REPRESENTATIVE**

### Term Ending in 2015

**Richard Fortner**

rwfortnr@umich.edu

**Donald L. Theil**

dlthiel@comcast.net

**TREASURER**

**Hylan Moises**

hcmoises@comcast.net

**Joanne Nesbit**

mjnesbit@umich.edu

**NEWSLETTER EDITOR**

---

**Newsletter editor- Joanne Nesbit**

**Newsletter layout- Becca Hanson**

**Webmaster- Nancy Firestone**

**Photographer- Joseph Moffatt**

**Support staff- Kristina Reinhardt**

kmreinha@umich.edu

**Jill Zecchini**

zecchini@umich.edu

**LCD Projector- Kris Moga**

kmmoga@umich.edu

---

## SOCIAL HOUR DETAILS

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All UM retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks.

Social Hour programs begin at 3:15 PM and continue until about 5 PM. Announcements about speakers and programs are made in this newsletter, in University Record Events notices, and at the UMRA web site <[www.hr.umich.edu/umra](http://www.hr.umich.edu/umra)>.

## MEETING LOCATION

Social Hour gatherings are held at the Clarion Hotel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues are used from time to time. Please check the meeting notices on Page 1 to find the latest information.

## IT'S A NEW WORLD RECORD



Six women in a relay swim team from Ann Arbor set a new world record of 18 hours and 55 minutes for double-crossing the English Channel, finishing four minutes faster than the previous record set in 2007 by another relay team of six women. And these gals did it to raise funds for Ann Arbor Active Against ALS (aka Lou Gehrig's Disease).

Among that team were Amanda Mercer and Jenny Jalet, former collegiate swimmers, who spoke at UMRA's April meeting. Their goal of raising more than \$100,000 for ALS cure-based research and to bring attention to this fatal disease, was more than met with winning the new record.

While the team was training to swim across the English Channel last March, Mercer came across medical problems of her own when she was diagnosed with breast cancer and completed her last chemotherapy session just two and a half weeks before the team's swim across the English Channel. So from these six women in COLD water has come WARMTH and understanding of this "orphan" disease, so known because pharmaceutical companies do see an advantage to establishing drugs to combat or cure the disease. ALS research at UM is conducted under Eva Feldman, neurology professor and director of the program for neurology research and discovery.

### QUIT TOBACCO

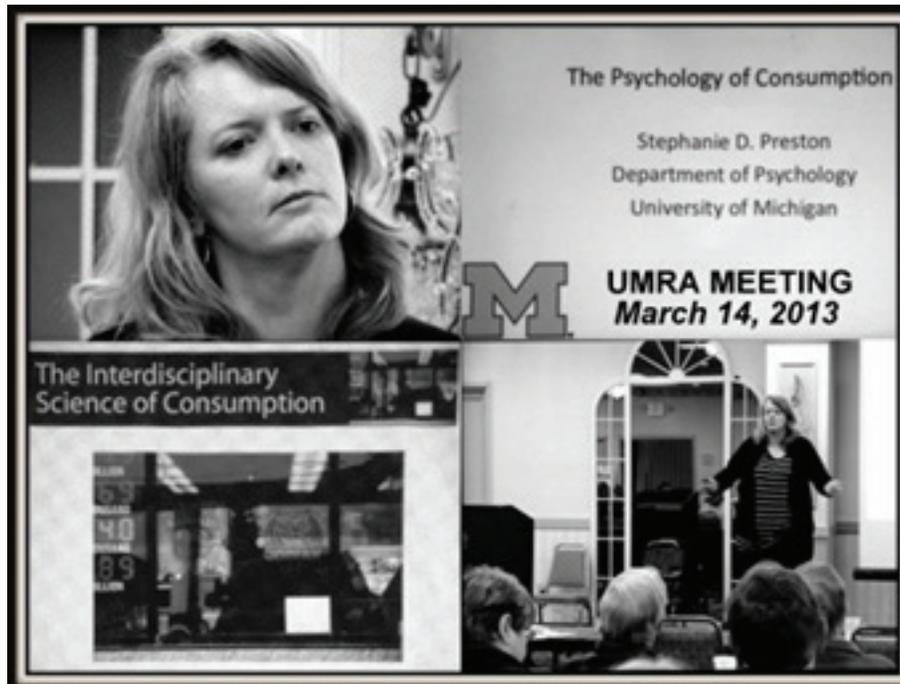
*New groups start Sept. 4 and Nov. 4*



Looking for assistance and support to help you quit tobacco for good? Join a six-week quit tobacco group program sponsored by MHealthy Tobacco Consultation Service. The program is FREE for U-M retirees and patients with U-M physician referral. A free stay quit support group for adults over age 50 also takes place the second and fourth Tuesday of every month. For more information, call 734-998-6222, or visit [www.mhealthy.umich.edu/tobacco](http://www.mhealthy.umich.edu/tobacco)

---

## MORE LIKE SQUIRRELS



Yes, it's true. We are more like squirrels than we might have ever thought. So says Stephanie Preston of the Department of Psychology who runs a lab on the Interdisciplinary Science of Consumption and spoke at our March social hour.

While this sometimes cute rodent with a bushy tail prepares for winter by stashing his horde of nuts, humans, too, prepare for the future by stashing a variety of items, often including foods. Preston's experiments have shown that squirrels hide their nuts in several places so that if one stash is compromised, he still has others to choose from. And

so it is with humans, she points out, whether it is cash or investments or other items, by not putting all our "eggs" into one basket. There is evidence that this phenomenon is shared across animals and species.

Her primary study approaches the role of emotions and decision making. Preston emphasized that the tendency to keep and hold onto items does increase with age, but is not pathological hoarding. That emerges when the tendencies go awry; a behavior defined with characteristics that include possessiveness (it's mine) and compulsiveness.



---

### HEALTHY COOKING CLASSES

*Register today for fall classes*

Learn how to make healthy, delicious meals and snacks. Generous tastings of all recipes are offered in every class. Classes are two hours long and cost \$25 to \$35 per person, per class. For more information, call 734-647-7888, or visit [www.mhealthy.umich.edu/cooking](http://www.mhealthy.umich.edu/cooking)

---

## STICK TO MAIZE AND BLUE



With that opening a little more than a year ago, Arico took her talented team to the NCAA finals, falling to a California team. But there is no regret in that loss to the spirited coach or her dedicated team.

Arico arrived in Ann Arbor from the East Coast with her husband and children, one of whom is a young man who knows a lot about women's basketball, from tactics to the rules. After all, that's all he's known about basketball so far; the way the girls play the game.

Arico bragged on the academic credentials of her team and about those who have graduated and are going on to careers as varied as one would imagine for women of this era. She quoted team and individual statistics, delved into some players' personal characteristics and was genuinely enthused about her new position in the Big Ten and the season to come.

For her first press conference after accepting the position as head coach for UM's Women's Basketball Team, Kim Arico was given hints for the proper wardrobe. "Don't wear red," she was told, followed quickly with "and we don't like green either."

---

## SONGS YOU MAY NEVER HAVE HEARD OR HEARD OF COMPOSED TO CHEER THE FOOTBALL TEAM



**Win for Michigan:** Composed by William T. Whedon, an 1881 UM grad in Literature. This ode to UM was published in University Music House in Ann Arbor in 1913 and has a verse and chorus.

The first line of the verse is: Michigan oh Michigan to us are dear thy memories and name.

The first line of the chorus is: Raise a mighty cheer for good old Michigan and for her warriors true.

**Dear Old Michigan:** with words by C. Arthur Blass and music by Julius Wuerthner and published in Erie, PA in 1910.

The first line: Old Yale may have her blue, and Harvard crimson hue

But the first line of the chorus: Hail! Dear old Michigan, the maize and the blue we'll honor and adore.

---

## UMRA Health Day



Pat Butler welcomed participants in this year's UMRA Health Day. The crowd was a bit fewer than last year, but the action was spirited. Evaluation tallies showed that the number one health interest in members is osteoporosis and arthritis prevention and treatment. Dermatology tied with diabetes prevention to come in second. Let Pat know what you'd like to learn about at next year's event. patbutler9@gmail.com

---

### FOLLOW THE BASS DRUM



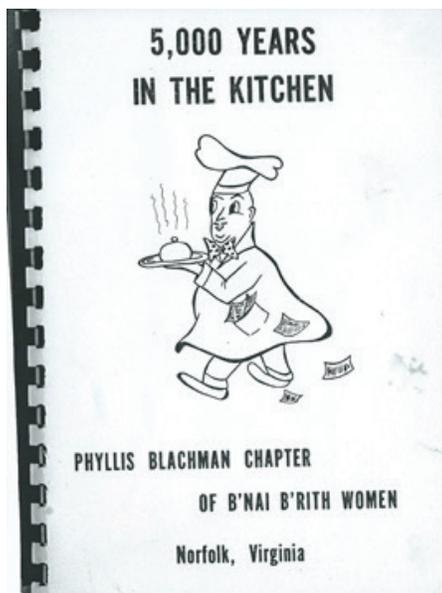
Music and the UM marching band have been a part of the Ann Arbor football scene since the late 1890s when the band used to "parade down State Street before each game followed by a solid wall of humanity that crowded up against the bass drum."

--- Kent Sagendorph, 1948

### FIRST THE BIRDS

The first book purchased for the UM Library was a copy of J. J. Audubon's *Birds of North America*. In 1836 the Regents authorized \$970 for its acquisition, a large sum of money for a book in those days. The appraised value of the book is now more than \$300,000 and is on display in the Audubon Room of the Graduate Library.

## DON'T MISS



*American Foodays: The Jewish Contribution*, September 4-December 8 in the Audubon Room, North Entrance Exhibition Cases and Room 100 of the Hatcher Graduate Library on UM's Central Campus

Curated by Jan Longone and Avery Robinson, this exhibition will highlight the Jewish contributions and experience in American culinary history. Jewish-American charity cookbooks from all fifty states will be on display. The earliest, pioneering works will be shown in the Audubon Room and the later 20th and 21st century items in the North Cases of the Hatcher Graduate Library.

On display will be but a small representation of the Janice Bluestein Longone Culinary Archive at the University of Michigan's Special Collections Library.

Lecture by Jan Longone, Tuesday, Sept. 24, 4pm. Reception by Zingerman's.

Hours for the exhibition are Monday thru Friday 8:30 a.m. to 7:00 p.m. , Saturday 10:00 a.m. to 6 p.m. and Sunday 1 p.m. to 7 p.m.

## LEGACY AND LEGENDS



Former UM Chief of Police, Ken Magee, is sharing his collection of UM Football memorabilia with an exhibition at the Washtenaw County Historical Society's Museum on Main September 7 through December 1. "The Legacy of

Michigan Football" is a look back at the history of Wolverine football through artifacts and stories. The Museum, open Saturdays and Sundays from Noon to 4 p.m., is located at 500 North Main Street in Ann Arbor. Admission is free. Parking is free.

## EVERY MINUTE COUNTS



The 1901 – 1905 UM football team, coached by Fielding H. Yost, was known as the "Point-A-Minute team". Their 55-1-1 record was most impressive. In the first Rose Bowl Game in 1902 UM defeated Stanford 49 – 0.



Welcome Students – Gargoyle 19???

**The University of Michigan Retirees  
Newsletter  
G-250 Wolverine Tower.  
Ann Arbor, Michigan 48109**