



University of Michigan  
**Retirees Association**

Volume 16, No. 1

April 2014

**2014  
MEETING DATES**

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

**APR 10**

**MAY 8**

**SEP 11**

**OCT 9**

**NOV 13**

**DEC 11**

*\*\* Please note there are no  
meetings scheduled in June,  
July or August*

**COMING SPEAKERS FOR PROGRAMS**



**April: Bridgette Carr**

Professor Bridgette Carr directs the Human Trafficking Clinic. Her research and teaching interests focus on human trafficking, immigration, and human rights, and she is a member of the Michigan Human Trafficking Taskforce. In 2013, she was appointed to Michigan's first Commission on Human Trafficking by Attorney General Bill Schuette. Professor Carr oversees a \$300,000 grant from the U.S. Department of State to launch a human trafficking clinic in Mexico.



**May: Guatam Kaul**

MOOCs & Beyond (MOOC = Massive Open Online Courses) "Online Education has evolved very rapidly in the past year, with virtually every top research university offering Massive Open Online Courses (MOOCs). The University of Michigan has actively participated in this new development and is thinking deeply about the role of digital education in higher education, both for the broader sector and for UM."

**ONCE A FARM**

The University's North Campus, before the acquisition of the former Pfizer property, was composed of 850 acres which were cleared by pioneers in 1860 and remained agricultural until UM purchased them in 1952.



**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

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## 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.

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## A MICHIGAN ASSET



In December Regent Mark Bernstein reminded UMRA that there was a UM even before there was a State of Michigan. And UM will be 200 years old in 2017. During these centuries, UM has been a model for public research universities, with laboratories, libraries and natural history collections as well as a leader in social and behavioral sciences, engineering, law and medicine.

The growth of UM brought its Ann Arbor campus to 2013 with an enrollment of 43,710, a campus of 3,244 acres and 573 buildings and additional

campuses in Flint and Dearborn, both established in the mid- to late-1950s. The Regent pointed out that UM provides a positive impact on the state's economic picture with 43,000 employees who live in Michigan, 2.4 million visits by state residents to UM's hospitals and clinics and purchases of \$1.5 billion from 42,300 Michigan companies. UM has provided this high level of service and financial support to the State of Michigan, and UM has an athletic program that is one of the country's few fully self-supporting programs. However, in one decade UM has plummeted from among the best-funded higher education systems in the US until now among the worst-funded with a nearly 50% drop in per-student support through state appropriation that is comparable to the same level of support as in 1964 after adjusting for inflation.

Even with this dramatic drop in state funding, Bernstein said, UM provides more aid to students than most of its US peers, at the same time as the State of Michigan provides less aid to students than most other states in the US.

The Regent closed by reporting that a degree from UM is still a good return on the investment financially and for a lifetime.



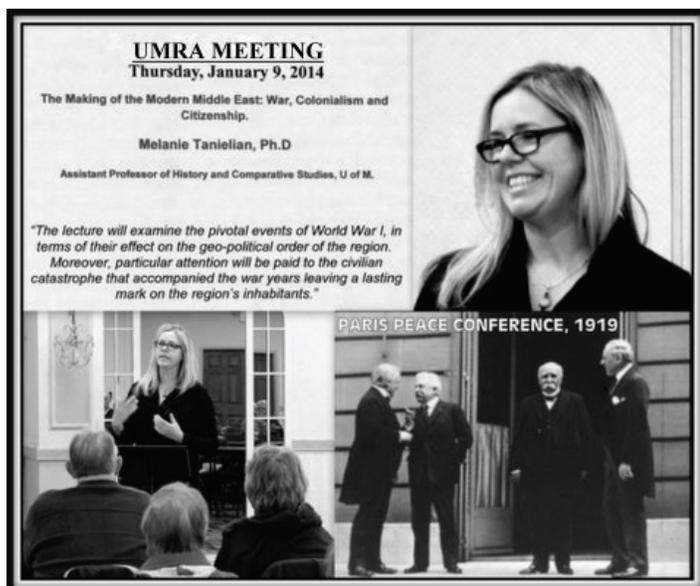
In February Mark Tucker of the Lloyd Hall Scholars Program and WonderFool Productions regaled members with his humorous yet compelling work to involve communities in art. Originator of Ann Arbor's FoolMoon and FestiFools projects, Tucker explained how students and community members work together to produce giant papier mache puppets and parade them on Ann Arbor's Main Street the Sunday closest to April Fool Day, drawing on the tradition of the esteemed float builders of Viareggio. The Italians saw hands-on creation of public art as a great opportunity for people of different backgrounds to build re-

lationships, learn from one another and make their voices heard by the world.

Community members are welcome to participate in the building and parading of these puppets. Workshops and the parade are free. For more information, visit <http://festifools.org/>.

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## BEFORE “THE GREAT WAR”



From a world of empires came a creation of a state system as the Ottoman Empire began to collapse in the 19th century. As a result, varied forms of nationalism became prevalent in the area as did Zionism, beginning the Arab/Israeli conflict. She noted that it was World War I that led Jews seeking the self-determination they had under the Ottoman Empire to begin moving to Palestine. Starvation and refugees became the norm. New nations were established with the seating of nationalism; state borders were delineated and subsequently moved via politics, economics and geography.

Tanielian’s research centers on the social aspects of WWI, especially in Lebanon featuring famine and orphaned children.

Melanie Tanielian transfixed members with her description of the declining political and social conditions in the Middle East prior to World War I, The War to End All Wars.

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## NO GENTLE WAVES. NO WARM SAND.

When most university students are heading for warm weather and beaches during their spring break, those participating in ASB (Alternative Spring Break) headed to various parts of the US to volunteer their time and talents.

Started in 1989, UM’s ASB program is currently the largest in the nation. This year 376 UM students visited 30 sites located in urban and rural areas from Boston and Cleveland to North Carolina and Texas where they worked with non-profit organizations facing issues of urban and rural poverty, environmental justice and immigrant and refugee rights. They also helped tutor and mentor youths in these geographic locations.

Students earn funding for these working trips through family donations, restaurant fundraisers,

bucket brigades and events such as yoga and movie nights. Because participating students must be self-supporting in their efforts, they cannot accept food from their host sites so are responsible for supplying their own meals. They usually find housing for the week of their stay in hostels, YMCA’s, on the floors of churches and community centers and sometimes in the host’s site.

The ASB program works through UM’s Ginsberg Center for Community Service and Learning housed at the corner of East University and Hill Streets. The Center is committed to building strong communities and student leaders through meaningful community engagement while learning from the past and shaping the future.

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**University of Michigan Retirees Association**  
**Ninth Annual Health Day, 2014**

*Tuesday, April 29, 2014*

*Weber's Inn*

*3050 Jackson Rd, Ann Arbor, MI 48103 (734) 769-3237*

- 8:00-9:00    **Registration and Coffee**
- 9:00-9:10    **Welcome & Introduction** – Pat Butler, President, University of Michigan Retirees Assoc.
- 9:10-10:10   **Why Does My Spine Hurt?** – Dr. Louis Bojrab, M.D. Chronic Pain Specialist, PLLC, Forest Health Medical Center, Ypsilanti, MI, National Instructor, ASIPP Pain Procedures
- 10:10-10:20   **Break** – *Stretch, Move, Be Active*
- 10:20-11:20   **Nutrition 101: Do You Know What You're Eating?** – Victor Katch, PhD, Professor of Kinesiology, Assoc. Prof. Pediatrics, University of Michigan
- 11:20-11:30   **Break with refreshments**
- 11:30-12:30   **Ann Arbor.....50 Years of Yoga and Yoga After 50** – David S. Ufer, Certified Iyengar Yoga Teacher, Yoga Focus, Ann Arbor, Michigan
- 12:30-12:50   **Dining room setup**
- 12:50-1:50    **Lunch** – *Retirees will select a lunch and prepay with their original registration*
- 1:50- 3:50    **Planning for Life's Last Journey** – Linda K. Strodman, PhD, RN, Assistant Professor Emerita, University of Michigan  
*This section will involve your participation in an interactive video with discussion and practice in writing your own ethical will. .*
- Break**            *Will Break for 10 min with stretching, moving*
- 4:00              **Discussion, Evaluation and End of Program**

**Registration:**

Name(s)- #A \_\_\_\_\_ Name 2nd person-#B \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Please enclose check for \$15.00 per person, payable to UMRA**    Amount enclosed \_\_\_\_\_

Meal Selection: (circle one) Person (A):    Chicken    Whitefish    Vegetarian    Vegan

Meal Selection: (circle one) Person (B):    Chicken    Whitefish    Vegetarian    Vegan

**Registration must be Mailed BEFORE April 22, 2014**

**Send to: UMRA, G250 Wolverine Towers, 3003 S. State St., Ann Arbor, MI 48109-1281**

*\*Sponsored in part by a grant from MHealthy and the Office of the Assoc. VP for Human Resources*

## AND THEN THERE WERE TWO



Valentine Davies, American film and television writer, producer and director joined forces with Shirley W. Smith for another popular film "It Happens Every Spring." Smith was a "high ranking UM administrator" who served as the Secretary of UM for many years. As secretary, Smith was charged to "coordinate the business affairs of the Board and facilitate communication between the members of the Board and the executive officers." He was the official custodian of the minutes and all supporting documents of the Board of Regents and of the UM Seal.



Shirley W. Smith

*(Editor's note: In our last issue we featured UM's Valentine Davies (August 25, 1905 – July 23, 1961) and his story/script of "Miracle on 34th Street." That story reminded one of our members that he and Davies's son visited "Dad" in Hollywood. A smile played across his face as he told of the two UM students enjoying not only the trip to California, but a movie studio tour as well.)*

This collaboration resulted in "It Happens Every Spring" telling the story of a college professor working on a long-term scientific experiment when a baseball comes through the window. The flying sphere destroyed all his glassware, spilling the fluids that the flasks and test tubes contained. The pool of liquids combine to form the (fictitious) chemical "methylethylpropylbutyl," which then covers a large portion of the baseball. The professor soon discovers that the fluid, along with any object with which it makes contact, is repelled by wood. Suddenly, he realizes the possibilities and takes a leave of absence to go to St. Louis to pitch in the big leagues, where he becomes a star and propels his team to the World Series.

This film was a first ever author's premiere at the Michigan Theater in mid-1949. The film starred Ray Milland, Jean Peters and Paul Douglas.

## TELLING YOUR STORY

The University is interested in continuing the 200-year tradition of sharing stories of its staff, those without whom the university could not and would not achieve its success. To view stories and anecdotes of current and retired staff, visit <http://hr.umich.edu/staffstories/> where you will find instructions on how to submit your own stories.

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## PLANNING FOR PRESENT AND FUTURE



American Foodways: The Jewish Contribution, August 31-December 8 in Donald Scavia, director of the Graham Sustainability Institute and Special Counsel to the U-M President for Sustainability, is responsible for engaging the full multidisciplinary assets of the UM to develop and implement education, research, and operational goals in support of sustainable communities, ecosystems, and economies from local to global scales.

That's no small job. "At our November meeting, Scavia explained how he and students approach such goals through research." By combining numerical models and assessments, his teams are able to improve the understanding of how human activities on land subsequently impact coastal marine and freshwater ecosystems. Their recent work has focused on the Gulf of Mexico, Chesapeake Bay and the Great Lakes in an effort to bring together natural systems science, social science, engineering and environmental policy making.



The Graham Sustainability Institute was established in the name of Sam Graham who was a professor in the former School of Forestry, now known as the School of Natural Resources and Environment. Sam Graham was a pioneer in what is now called environmental sustainability. In the 1940s and 1950s, before many environmental issues were generally recognized, Professor Graham published articles on the environmental consequences of DDT overuse and the threat of long-term water table problems.

Scavia and his program advance UM's presidential initiative—Planet Blue—by serving as the University's designated sustainability liaison, and by guiding institutional discussions, planning, and coordination for UM sustainability activities.

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## IT WORKS



On April 12, 1955, the announcement of the successful Salk Polio Vaccine was made by Dr. Thomas Francis. Dr. Francis conducted the field research in Ann Arbor for his former student Jonas Salk.

In 1941 Francis established a virus laboratory and a Department of Epidemiology at UM that dealt with a broad range of infectious diseases. When Jonas Salk came to the University of Michigan in 1941 to pursue postgraduate work in virology, Francis was his teacher and taught him the methodology of vaccine development. Salk's work at Michigan ultimately led to his polio vaccine.

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

# Annual Health Day

*Tuesday, April 29, 2014*

*Registration sheet in  
this issue*



*\*see page 5 for details*

## TIPS AND TRICKS FOR HEART HEALTH

- 1000mg per day of omega-3 fatty acids is recommended for people with known heart disease.
- Fatty fish such as salmon, tuna, trout and sardines are the best sources for omega-3 fatty acids.
- Consuming 6 ounces (2 servings) of fatty fish per week can help lower total cholesterol and triglycerides.
- The health benefits of eating 2 servings of fatty fish per week outweigh the danger from mercury.
- Omega-3 fatty acids found in fish may help reduce inflammation and depression.
- Try a tuna salad over a bed of spring greens and cherry tomatoes for a healthy lunch!
- Try a salmon or crab dip for an exciting and healthy snack!

For more healthy ideas and resources, visit  
[www.MHealthy.umich.edu](http://www.MHealthy.umich.edu)

