

VSP Newsletter
March 2015



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Learning – Connecting - Serving

Letter to Retirees from Earl Bakken

To: Medtronic VSP Retiree Group

Aloha Kakou!

You know that I'm always thinking of you and the fine work that you all do in retirement. But when I receive your newsletter, I'm just amazed all over again! The list of all of the activities and programs that you members are involved with is incredible.

As you know, I think it is so important to our own health and the health of the community that we use our "extra lives" to help others. That could be the life we have because of a life---saving or life---extending device or therapy, but it can also mean the extra life we have after we retire from our professional positions with the company.

You are all doing such wonderful things with your extra years of retirement and I'm so grateful to you for that. What examples of living the mission you all are! I hope that many other new retirees will follow in your footsteps and stay active and vital. There's no better way to continue to live a meaningful and rewarding life. Mahalo nui loa and keep up the good work!

Dreaming On,



Earl Bakken
cc: Omar Ishrak

VSP Annual Meeting and Spring Luncheon – Tuesday, May 12

Join your fellow retirees for the VSP Annual Meeting and Spring Luncheon on Tuesday, May 12, at Edinburgh USA in Brooklyn Park. Our guest speaker is TBD and will be confirmed for publication in April Newsletter. See registration form at the end of the newsletter.

Summer Event

Save the date for an outing to Target Field to cheer on our Minnesota Twins vs the Chicago White Sox on Tuesday, June 23rd. Game time is 7:10pm. Many changes have occurred so let's support our new coach and former Minnesota Twin, Paul Molitor. All the seats in the Overlook Section #137 (only four rows) have been reserved which are located between first and second base in right field and right behind Gate #34 – Target Plaza. Watch upcoming newsletter for additional information and registration.

Lunch & Learn Update

Fifteen Medtronic retirees including significant others learned about the Bakken Museum and Earl Bakken's newest book, *Dreaming On*, at the February 11 Lunch & Learn event. David Rhees, Executive Director of the Bakken Museum, presented the inside scoop on the Bakken Museum and the many wonderful educational activities presented by the museum staff. David stated that volunteers in many capacities are always needed. David also described his role in creating Earl's new book of fascinating interviews. Lunch & Learn events are scheduled about four times a year on the World Headquarters campus, are a way to stay connected to former colleagues and friends, and are free. Plan to attend future events.

Press Release: Earl Bakken Book and Bakken Museum Information

***"Dreaming On With Earl Bakken"* Now Available for Purchase at
Medtronic Company Stores at WHQ and Mounds View**



For Immediate Release:

Tuesday, January 13, 2015

Contact: Suzy Q. Piper

piper@thebakken.org

612-926-3878, ext. 251

New Book Published on Earl Bakken, Father of Minnesota's Medical Device Industry

The Bakken Museum has published a richly-illustrated book of engaging stories told by and about Earl Elmer Bakken, the legendary founder of Minnesota's medical device industry. Born in 1924 and raised in a working-class northeast Minneapolis neighborhood, Bakken became intrigued with electricity and radio after seeing the film *Frankenstein* when he was eight years old. After serving as a radar instructor during World War II, he graduated in electrical engineering at the University of Minnesota just as a revolution in the medical uses of electronics was emerging. He co-founded Medtronic, Inc. in a Minneapolis garage in 1949 with his brother-in-law, Palmer Hermundslie. His invention of the first wearable, transistorized cardiac pacemaker in 1957 launched the company's exponential growth and transformation into a global leader in medical technology. Bakken served as CEO and Chairman of the Board of Medtronic, and wrote one of the nation's first corporate mission statements, which has guided the company ever since. The rapid growth of Medtronic spun off dozens of start-up's and spawned the creation of Medical Alley, one of the most innovative clusters of medical device firms in the world. Bakken is regarded by many as the father of Minnesota's Medical Alley, whose collective impact on human health over the past 60+ years is incalculable.

Even as he was leading a growing company that joined the Fortune 500 in 1985, Bakken founded and helped fund numerous nonprofit organizations devoted to health, economic development, and education, including The Bakken

Museum. He is recognized as one of the leading pioneers of an integrated approach to healthcare that blends high-technology with holistic, high-touch approaches. He has worked closely with the Cleveland Clinic, the University of Minnesota, and the North Hawaii Community Hospital on Hawaii's Big Island, where he retired in 1990 and has continued his philanthropic and humanitarian work to the present day. His achievements and visionary thinking have been recognized with dozens of awards, including the only honorary medical degree ever granted by the University of Minnesota, honorary membership in the Royal Order of King Kamehameha I, and most recently the Lifetime Achievement Award of the Advanced Medical Technology Association.

Dreaming On With Earl Bakken offers an informal, intimate and often humorous portrait of the man and his dreams presented in 160 pages beautifully illustrated with over 200 images. Stories were culled from dozens of interviews with Bakken and over forty friends, co-workers and family members conducted by Susan Puschel, former director of development and marketing at the North Hawaii Community Hospital, and by The Bakken Museum's Executive Director, Dr. David Rhees. *Dreaming On* is available in The Bakken Museum's gift shop and online at:

<http://www.thebakken.org/dreaming-on>.

Proceeds from sales will benefit The Bakken Museum.

The Bakken Museum

Located in an intriguing mansion on Lake Calhoun, The Bakken Museum inspires a passion for science and its potential for social good by helping people explore the history and nature of electricity and magnetism. The Bakken was founded in 1975 by Earl E. Bakken, who invented the first wearable, battery-powered, transistorized cardiac pacemaker. The Bakken features The Florence Bakken Medicinal Garden, a world-renowned collection of books and artifacts and multiple galleries focusing on the wonders of electricity.

The Bakken Museum is at the corner of West Calhoun Parkway and 36th Street on the west shore of Lake Calhoun. Free parking is available in The Bakken's lot. For more information, visit www.TheBakken.org or call 612-926-3878.

Museum Hours

Tuesday, Wednesday, Friday & Saturday: 10 a.m. – 5 p.m.

Thursday: 10 a.m. – 8 p.m.

Closed Sunday, Monday & major holidays

Museum Admission

Adults: \$7

Students & Seniors: \$5

Children younger than 4: FREE

Members: FREE

VSP VOLUNTEER REPORT

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **The Food Group – New Hope – March 18**
- **Bridging – Roseville – April 23**

The Food Group (formerly Emergency Foodshelf Network) – New Hope – March 18

*Registration is open**! We will be volunteering at the New Hope location, 8501 54th Avenue North from 9:00 a.m. – 11:00 a.m.

To register, please log into the Mission in Motion website using the below link and search for the event **Retiree – The Food Group** <https://medtronic.yourcause.com/yourcause-ssso/contractorlogin.aspx?subdomain=medtronic>

If you do not have computer access, please call Judy Bergman 651-295-4507 to register. If you need help with the website, please contact Alison Stinar at astinar@yourcause.com or Cory Gregory at cory.gregory@medtronic.com.

Bridging – Roseville – April 23

Registration is open!* We will be volunteering at the Roseville location, 1633 Terrace Drive from 1:00 p.m. – 4:00 p.m.

To register, please log into the Mission in Motion website using the below link and search for the event **Retiree – Bridging** <https://medtronic.yourcause.com/yourcause-ssso/contractorlogin.aspx?subdomain=medtronic>

If you do not have computer access, please call Judy Bergman at 651-295-4507 to register. If you need help with the website, please contact Alison Stinar at astinar@yourcause.com or Cory Gregory at cory.gregory@medtronic.com.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

Festival of Nations

Are you interested in participating in one of the premier multi-cultural events of the year? The International Institute is now accepting applications for **Festival of Nations** volunteers! The Festival of Nations is celebrating its 83rd year April 30th - May 3 at the St. Paul RiverCentre. The Festival of Nations is the largest and longest running multicultural festival in Minnesota, celebrating cultural diversity with food, music, demonstrations, bazaar, exhibits, and dance. This annual celebration of our diverse community attracts 50,000 people each year. It would not be possible without the commitment of hundreds of volunteers who work a 3 or 4-hour shift staffing booths, helping with setup and teardown, cleaning tables, and greeting visitors. Volunteers will receive free admission to the Festival. Those working on Thursday or Friday during student hours (Thursday, 9-3 and Friday, 9:30-4:30) will receive a complimentary ticket for use over the weekend.

For more information, and to apply to volunteer, please visit our web site:

<http://festivalofnations.com/> and click on "Volunteer". The International Institute would greatly appreciate your participation.

Loaves and Fishes

Loaves and Fishes is a nonprofit that provides hunger relief statewide, serving 1900 nutritious hot meals daily. They have opportunities to volunteer helping with preparation, serving, clean up, and hospitality at both lunch and dinner meals. Click on the below links for more information and to volunteer.

Individual Volunteer Application: <http://www.loavesandfishesmn.org/application.html>

All Volunteer Opportunities: <http://www.loavesandfishesmn.org/volunteer-opportunities.html>

Northern Suburb Volunteer Opportunities:

<http://www.signupgenius.com/go/10c0d44a5ab2fa1fa7-brunswick>

Little Brothers-Friends of the Elderly

For over 42 years Little Brothers-Friends of the Elderly has been focusing on reliving isolation and loneliness among older adults in the Twin Cities area. Volunteers help us fulfill our mission by providing monthly visits and transportation to our various social engagement opportunities. Older adults who experience no social contacts or family and friends who care for them, benefit greatly by the services offered through Little Brothers. Please consider volunteering with us, and help change the lives of those we serve.

Daytime Volunteer Drivers - Drivers escort older adults to Friends of the Elderly activities at our Lake Street location or at other locations around the Twin Cities. They are encouraged to stay for the activity and provide valuable companionship. This volunteer role happens at various times throughout each month. If interested please contact Josh Windham, at jwindham@littlebrothersmn.org or call 612-746-0732

Banfill Locke - Center for the Arts - Fridley

If you have an interest in the world of Arts and Literature, you might be a good fit as a Board Member at Banfill Locke Center for the Arts (BLCA) in Fridley. This Art Center has a mission to serve the community with opportunities to experience the Arts (both literary and visual) and to encourage Artists by offering courses and workshops. BLCA has been established for more than 20 years but is growing and experiencing a new level of vitality. If you are interested in learning more about this Board Member Opportunity or about other activities at BLCA, contact Anne Coldwell at amc57@comcast.net or call 612-554-1329.

Southern Anoka Community Assistance Program – Columbia Heights

Volunteers are needed in the following areas:

- Warehouse and/or truck – warehouse is stocking shelves, sorting food and produce, unloading the truck. People riding the truck will help to pick up food from our 2 food rescue stores – Fridley Target & St Anthony Cub. Boxes can weigh up to 40 – 50 lbs.
- Intake – checking in clients. Need light computer skills.
- Shoppers – assist clients in picking out their food. The food room is set up like a grocery store, but because we are a food shelf, our stock is continuously changing.
- Thrift Store – sorting clothes and merchandise before putting it in the Thrift Store, running the cash register and straightening the store.
- Cleaning – sweep & mop floors, vacuum and clean bathrooms.

We would like to have people work a steady shift if possible. A shift could be Monday afternoon, Thursday morning, all day Monday & Tuesday etc. We're pretty flexible. Some people cannot or don't want to work a steady shift. They like to work or fill in occasionally. We can work with them too.

Please contact Dave Rudolph at 763-789-2444 if you are interested.

Hospice Volunteer Opportunities

If you are seeking a rewarding volunteer opportunity that allows you to share your time and unique gifts in a way that enriches the lives of others, please consider volunteering for St. Croix Hospice. For more information about volunteer opportunities with St. Croix Hospice, please contact Volunteer Coordinator: Karen Quammen at kquammen@stcroixhospice.com or call at 612-834-7232 to learn more about getting involved.

OTHER COMMUNITY OPPORTUNITIES: Please check the following websites for other individual and small group volunteer opportunities:

<http://www.volunteermatch.org/search/index.jsp?r=20.0&aff=&l=Minneapolis%2C+MN%2C+USA&o=recency&s=11>



MEDTRONIC PHILANTHROPY GRANTS (VOLUNTEER AND MATCHING DONATIONS)

To log your hours for the 25-hour annual Volunteer Grants *and* to match your monetary donations to qualifying charitable organizations dollar for dollar through Medtronic Philanthropy's Matching Grants program, go to the Mission in Motion website at <http://medtronic.yourcause.com/yourcause-ssso/contractorlogin.aspx?subdomain=medtronic>.

If you have never used the site before, fill out the Retiree Registration form here: <https://medtronicfoundation.wufoo.com/forms/medtronic-retiree-registration/>. Submit your e-mail address. Within 48 hours, you will receive login credentials for the Mission in Motion community accessed above through Google, Chrome, Firefox, Safari, or Internet Explorer. For questions about this process or website, contact Alison Stinar at astinar@yourcause.com or Cory Gregory at cory.gregory@medtronic.com.



Medtronic VSP Spring Luncheon

Tuesday, May 12, 2015

**Arrival and Social Hour - 11:00 – Noon
Lunch served at Noon**

Edinburgh USA, 8700 Edinbrook Crossing, Brooklyn Park, MN 55443

(Hwy #252, west on 85th Ave. 1 ½ miles to Edinbrook Crossing and turn right)

www.edinburghusa.org

Highlands Ballroom (located upstairs)

Entrees Choices

Chicken Marsala – Sautéed Breast of Chicken, Button Mushrooms, Marsala Wine Sauce – \$17

Sautéed Walleye – Canadian Walleye Fillets, Toasted Almonds and Capers, Lemon Garlic Butter Sauce – \$21

Bistro Steak – Marinated Sirloin, Merlot Sauce, Provencal Herb Butter - \$19

Shanghai Stir Fry – Garden-Fresh Asian Vegetables with Water Chestnuts, Mushrooms, Baby Corn, Spicy Soy Sauce, Ginger and Sambal Olek. Atop a Bed of Jasmine Rice and Wonton Crisps - \$20

Entrées will be accompanied with Chive Mashed Potatoes, Summer Squash and Green Bean Sauté and served with a Spinach Salad, freshly-baked artisan sourdough baguette, sweet butter, coffee or tea. A dessert will also be included with your meal.

The tax and gratuity will be paid by the VSP Group.

SPRING LUNCHEON REGISTRATION

(Registration Deadline: Monday, April 27th)

Retiree Name _____

Guest Name _____

Address _____

City/Zip _____

Phone _____ **E-mail** _____

_____ **Chicken Marsala @ \$17** \$ _____

_____ **Sauteed Walleye @ \$21** \$ _____

_____ **Bistro Steak @ \$19** \$ _____

_____ **Shanghai Stir Fry @ \$20** \$ _____

Amount Enclosed \$ _____
Check # _____

Please make your check payable to: Medtronic VSP

Mail to: Carol Baumgartner, 1900 Rush Lake Trail, #422, New Brighton, MN 55112