

CSB|SJU Community

A newsletter for the faculty and staff of the College of Saint Benedict/Saint John's University

November 2003

Two University Alumni Pledge \$4.5 Million for Abbey Guest House

Saint John's Abbey has received two of the largest pledges in its history to support the construction of the Abbey Guest House. The pledges, which total \$4.5 million, come from two SJU alumni: Steve Slaggie (SJU '61) and his wife Barbara of Winona, Minn., have committed \$3.5 million to the project; and Frank Ladner (SJU '48) and his wife Julia of Lawrenceville, Ill., have committed \$1 million to the Guest House as well as \$1 million to a scholarship fund for undergraduate students at SJU.

In accepting these gifts, Abbot John Klassen declared: "This is a real confidence booster. I feel thrilled and grateful. These gifts take us to a whole new level with the Abbey Guest House plans. This dream, which has been incubating for 25 years, has just been lifted into the realm of reality. It is a giant leap for us."

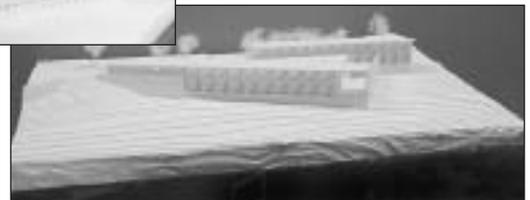
Saint John's Abbey is guided by Saint Benedict's 1,500-year-old rule of hospitality, "Let all guests be welcomed as Christ." The Abbey Guest House, which will overlook Lake Sagatagan on the Saint John's campus, will accommodate guests who come to Saint John's for retreat and spiritual renewal. In 2000, the Abbey selected world renowned Japanese architect Tadao Ando from a field of 50 eminent architectural firms to help create a welcoming space where all may feel the presence of God.

"The Abbey Guest House will transform all of Saint John's," said Abbot John. "Once it is built and operating, I think we will wonder what we were ever doing without it all those years. It will offer solitude for prayer, reflection and spiritual renewal as well as the opportunity to interact with others." Commenting on architect Tadao Ando, Abbot John added, "When you see the way the architect has designed the rooms, with the outward-facing walls of the rooms as half windows, half wall, you will understand how well the physical space reflects the spiritual purpose, the need for us all to look inward as well as outward. It will not be just a bunch of rooms with nice views — the best way to understand it is as a monastery for lay people."

In announcing their leadership gift, Steve Slaggie reflected that his family never imagined, even 10 years ago, that they



World renowned Japanese architect Tadao Ando has designed the proposed guest house to reflect spiritual purpose.



would be in a position to do something of this magnitude. "When we began discussing our gift, it just seemed the right thing to do. A guest house fits so well with Saint John's and all that it represents. The proposed Abbey Guest House expresses the Benedictine value of hospitality that is so much a part of this place. It's fitting that Saint John's has a facility as inviting and impressive as the Abbey Church and built with the same excellence."

Barbara Slaggie added, "The whole family has become involved with Saint John's through Steve, and we are just so impressed with all that Saint John's does."

Steve was born and raised in Winona. A graduate, major supporter and director of Winona Cotter High School, he graduated in 1961 with a degree in economics from SJU. A University Regent since 1999, Steve is a longtime director, corporate secretary and shareholder relations officer for Fastenal Corporation of Winona. Over the years, Steve has been very active with his alma mater, serving and participating in a number of University events.

Barbara Slaggie was born in Marshall and comes from a family of 15. Their four children — Michael, Michelle, Sara and

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Campus News

Fredricks Recognized as Facilities Management Professional of the Year

Jim Fredricks, CSB chief physical plant/facilities management officer, has been named the Facilities Management Professional of the Year by MASMS, a Minnesota association of educational facilities management professionals. Fredricks received the honor at the MASMS annual conference in St. Cloud in early October and is now nominated for the National School Plant Manager of the Year Award.

MASMS president Joe Arthurs noted that "Fredricks is a deserving candidate because of his many accomplishments — professionally and personally — and for his many contributions to the association."

"It is the highest honor one could hope for — being recognized by one's peers," said Fredricks. "I'm grateful for the support I've received from the College, my colleagues, my excellent staff and my family. This has enabled me to give something back to the association and others."

In addition to the recognition ceremony, the conference also included educational sessions, a trade show and networking opportunities with fellow colleagues and vendors. The association also announced \$7,000 in scholarships. For six years, The Hillyard Company, a leader in maintenance products, equipment and service, and Johnson Controls, a leader in the energy management industry, sponsored a \$1,000 scholarship in honor of the award. Fredricks will select a Saint Benedict student to receive the scholarship.



Jim Fredricks

The Joint Was Jumping

*prepared by Bob Filipczak,
Web coordinator, CSB/SJU admission department*

When you talk about "joint strength," you are either at a local AARP meeting or you are talking to woodworkers. And, talking to woodworkers was on the agenda when the Saint John's woodshop recently celebrated its 100th anniversary in the same location — in the same building — on Monday, Oct. 13. The woodworkers there celebrated by opening the doors, serving ice cream and coffee and generally reminiscing about the long history of this Benedictine tradition.

As a point of clarification, a joint in woodworking is the point where two pieces of wood, particularly in furniture, meet and are fastened together. It's an apt metaphor for the woodworking shop, because SJU's woodworking team is all about connections. At the open house, it was about connecting the present with the past, about admiring the craftsmanship and tools of the past and seeing the remarkable workmanship and productivity of the current professionals.

And, the woodworkers in the shop span the generations. There's young Michael Roske, a furniture maker with only 20 years of experience at the woodshop, and manager Fr. Gregory Eibensteiner, OSB who has been there ... well, a lot longer. Finally, Br. Willie wandered in through the back door about half way through the celebration, and he has been a woodworker since before there were trees.

While you may have missed the open house, you can connect with woodshop and its solid oak furniture daily. The woodshop builds almost all of the furniture on the Saint John's campus and quite a bit of the furniture that you see on the Saint Benedict campus. There's an easy way to check if the chair you're sitting on or the desk you are working is from the woodshop: if it's solid oak, they probably built it.

So take a minute to admire the craftsmanship of the furniture all around the two campuses. By appreciating how well it's made, you make a connection with the professionals down at the woodworking shop. You also connect with 100 years of woodworking tradition.

Employee Health Coordinating Committee Seeks Ways to Reduce Health Care Costs

A small task force of staff and faculty took up the challenge presented at the presidents' fall 2002 budget discussion to identify and implement employee health and wellness strategies in an attempt to stabilize or reduce health care costs. The

task force met twice during the summer 2003 to identify appropriate methods to organize, structure and integrate employee health and wellness assessments and programming. Parameters included mechanisms to:

1. utilize available aggregated health data,
2. emphasize wellness, risk reduction and health-problem management,
3. provide appropriate clinical/practicum experiences for students.

Following approval by both presidents, the Employee Health Coordinating Committee was formed to manage these activities. Membership will include representatives from the CSB Health at Work Committee, SJU Health at Work Committee, nursing department, nutrition department, benefits coordinators from each institution and the director of human resources. Students majoring in dietetics, nursing and possibly other disciplines could provide much of the needed assessment, education and evaluation for the program.

Employee Health Coordinating Committee would like to invite all employees to participate in an on-line wellness assessment, the Wellness Evaluation of Lifestyle (WEL). The survey can be found at <http://www.csbsju.edu/wel>. Surveys will be scored about once a week; if you need quicker turnaround than that, please e-mail a request to ktwohy@csbsju.edu. Optional follow-up explanations/consultation regarding WEL results will be offered periodically and/or by request.

The Task Force includes Lori Klapperich, SJU health and wellness coordinator and OSB Health at Work (convener); Herb Trenz, director of human resources; Jan Jahnke, OSB benefits manager; Julie Straka, CSB benefits/payroll administrator; Janet Reagan, CSB Health at Work; and Kathy Twohy, chair of nursing department.

Taizé Community Receives Dignitas Humana Award

Saint John's School of Theology Seminary presented its sixth annual Dignitas Humana Award to the Taizé Community on Oct. 22, on the SJU campus.

The community of more than 100 monastics works to bring reconciliation and healing wherever division and suffering exist — in the church and the world. The award ceremony featured a Taizé prayer service and a lecture by community representative Br. John, who has authored several books about Taizé and the community's distinctive style of contemplative prayer and music.

To learn more about Taizé, visit the Web site at www.taize.fr/.

Take a Deep Breath and Feel Better

by Ellen Ellickson, MSN, CNP, department of nursing

Editor's note: Each month, the Healthy Learning Community and the Partners for Healthy Learning promote a health theme to the CSB and SJU campuses. These groups are involved in the promotion of physical, intellectual, emotional, social, occupational and spiritual health. To learn more about the Healthy Learning Community and the Partners for Healthy Learning, please visit the Web site at <http://www.csbsju.edu/extending/projects.htm>.

"Whenever I feel blue, I start breathing again!"

- Breathing does help when feeling blue.
- Breathing is both automatic and controlled by thought. Take a deep breath when stressed, angry, tense or before a difficult task.

Breathing techniques aid health conditions.

- People with asthma learn "pursed lip" breathing to preserve air and relieve shortness of breath.
- Breathing techniques help women in labor. Oxygen helps the woman relax and brings more oxygen to the baby. Special breathing techniques lead to a sense of control over painful muscular contractions.

- People with severe chronic pain "breathe oxygen" to the painful body part, reducing their use of pain medication and providing an increased sense of control over the pain.

Breathing polluted air is harmful.

- City dwellers notice the sweet smell of country air; polluted and smoky air smells bad and is a serious health hazard.

- Second-hand smoke causes as much lung disease as smoking. Exposure in home or office leads to the development of asthma and lung cancer at the same rate as actual smokers.

Correct creathing enhances exercise and fitness.

- Poor breathing habits often go unnoticed.
- To breathe properly during exercise, the body must be free of constriction such as leather belts, tight underwear or heavy clothing.
- The exerciser should begin with a slow and complete exhalation to empty the lungs and prepare them to receive a fresh breath of air.
- Next, draw in a full breath of fresh air and let it fill the body with vitality and good health.

Web sites for additional reading:

<http://www.lungusa.org> American Lung Association
<http://abel.hive.no/oj/musikk/trompet/exercise/yoga.html>

(Guest House, Continued from Page 1)

Matthew — are very supportive of their parents' philanthropy. "The whole family has become involved in this decision, and we support it fully," said daughter Sara. "We think it is wonderful."

A 1948 graduate of SJU, Frank Ladner was a University Regent from 1985-1999, and subsequently served a term on the Board of Overseers of Saint John's School of Theology•Seminary. He has been involved with most facets of the Abbey and University, and, in 1997, he was honored by Saint John's with the Father Walter Reger Distinguished Alumnus Award.

Julia is a graduate of Saint Mary-of-the-Woods College (Ind.), where she received a master's in theology and served also as a trustee. The Ladners raised six children.

Frank has been in the insurance and financial services business since graduation. President from 1961-1983 of the Golden Rule Insurance Company and a present director, he is the Illinois branch manager for R.T. Jones Capital Equities, Inc., St. Louis, Mo. He is the past president of the Illinois Association of Life Insurance Companies.

Reflecting on his gift, Frank said, "Julia and I are honored to be able to help fund the Abbey Guest House. In the wonderful Benedictine tradition, friends and associates are always graciously welcomed to enjoy the hospitality of all the monks. What a joy it is to visit Saint John's for us past students and Regents. It is just like coming home again."

The Abbey Guest House is estimated to cost \$7 million, and the Abbey has received gifts and pledges totaling \$5.5 million. In addition to these latest two commitments, last spring the Abbey announced gifts and pledges of \$1.2 million from three other benefactors: John (SJU '63) and Lois Rogers, Diane Liemandt-Reimann and Ron Reimann, and the estate of Richard and Irene Barry.

"We are very proud that several University alumni and members of the Board of Regents have stepped forward with leadership gifts to the Abbey Guest House," commented Br. Dietrich Reinhart, SJU president. "The gifts will aid the Abbey's burgeoning spiritual renewal programs which have grown rapidly in recent years as a result of a deep yearning in American society to experience solitude and reflection."

Campus News

In Memory of Linda Mealey

The memory of the late Linda Mealey, CSB/SJU psychology, was honored on Oct. 15 during a ceremony at the CSB fish pond garden, where a bench was dedicated in her honor. Mealey died of cancer on Nov. 5, 2002.

The Gender and Women's Studies (GWST) program purchased the bench as a memorial for Mealey, who was described as a colleague who unceasingly informed, prodded and challenged gender issues.

Commenting on Mealey's influence on the GWST program, Jean Keller, associate professor of philosophy, wrote in June's GWST annual report that "Linda has emerged as a strong voice in the GWST program in the last three years. Her involvement had helped the GWST program become more inclusive of the natural sciences and of approaches to gender studies that emphasize the biological basis of gender differences. Through her example as an exceptional teacher-scholar, she encouraged all of us to excel in our work at the same time that her commitment to principle and unwillingness to compromise demonstrated ... Linda was an irreplaceable faculty member and is sorely missed."

Besides being a dedicated professor at CSB/SJU, Mealey was a distinguished writer and speaker. She had numerous articles published and gave many presentations during her short, yet accomplished career. Anorexia, the evolution of sexual differences and the psychology of rape are just a few of the topics on which Mealey wrote.

Mealey's bench is located in a garden setting at the fish pond near the CSB Main Building. A plaque on the bench acknowledges her contributions to the CSB/SJU community as a teacher and scholar.



Dr. Linda Mealey memorial bench

COMMUNITY

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Deadline for the December issue is November 22. To share your information and story ideas, simply e-mail them directly to Community at: community@csbsju.edu.

CSB Athletic Department Notes Changes

The Blazer hockey team opens the season under new leadership. New head coach Dave Laliberte is joined by new assistants Neil Andruschak and Nicki DelCastillo.

Laura Liesman, CSB assistant athletic director for the past two years, has accepted the athletic director position with Georgian Court, an NCAA Division II college in New Jersey.

Faculty/Staff News

Jeff Kamakahi, associate professor of sociology, abroad on a Fulbright award, had his courses in Inequalities in the U.S. and American Society included in the Tohoku University's Center for the Study of Social Stratification and Inequality — 21st Century Center of Excellence Program. The courses enroll scholars, graduate students and undergraduate students in the College of Arts and Letters. He is also teaching a course enrolling graduate and undergraduate students in the College of Education at Tohoku University in Sendai, Japan.

Judith Knutson, associate professor of nursing, received the Educator of the Year award at the MNA annual convention on Oct. 19.

Laura Rodgers, professor of nursing, was a keynote speaker at Allen College's research day in Waterloo, Iowa, on Oct. 16. She presented findings from her research about current Russian health care teaching and practices. Her presentation was entitled "It's Here, It's There, It's Everywhere: Conducting International Health Care Research."

Gary Prevost, professor of political science, recently traveled to Sao Paulo, Brazil, to present a paper entitled "Disputando Commercio Libre: Los Movimientos Sociales Contra ALCA" ("Contesting Free Trade: Social Movements Against the Free Trade Area of the Americas") at an international seminar entitled "United States — Latin American Relations in the Context of the Bush Doctrine." The seminar was co-sponsored by three Brazilian universities, including the Pontifical Catholic University of Sao Paulo, where the conference was held. The paper will be published in the fall issue of *Cenários*, a Brazilian social science journal. While in Sao Paulo, he also co-taught a post-graduate seminar on current issues in Latin American — United States relations.

Marina Martín, associate professor of MCL, had one of her articles on J.L. Borges translated into Polish: "Borges, apolegeta idealizmu." The article was translated by Krzysztof Lapinski and was included in *Borges*. Ed. Krzysztof Lapinski & Stanislaw Gromadzki, Przeglad filozoficzno — literacki. Uniwersytet Warszawski, Instytut Filozofii, Warszawa, POLAND. NR 2/4 (2003) 177-188. The publication of this volume is also sponsored by the Embassy of Argentina in Warsaw. This issue contains a selection of writings by J.L. Borges translated into Polish and a selection of critical essays in philosophy.

Aaron Raverty, OSB, anthropologist and Liturgical Press editor, has published an article (originally presented at an annual meeting of the American Anthropological Association) entitled "Starting with the Supernatural: Implications for Method, Comparison, and Communication in Religious Anthropology and Interreligious Dialogue" in the Australian journal *Anthropological Forum* (13 [2] 2003, 187-94). The article defends the ongoing usefulness of the term "supernatural" in cross-cultural research.

Noreen Herzfeld has been nominated and accepted for membership in the International Society for Science and Religion. Membership is by invitation only and is limited to the top 100 scholars in the world in the field of science and religion. ISSR is made up of distinguished scientists and theologians from all over the world with the purpose of fostering and promoting rigorous interdisciplinary research and education relating to science, theology, and religion in an international and interfaith context.

LuAnn Rief, an instructor in the department of nursing, has been named vice president of the Minnesota Intercollegiate Athletic Conference.

Manju Parikh, associate professor of political science, was a presenter at The People Speak: Minnesota Debates America's Role in the World on Oct. 16 at the Minnesota Women's Building in St. Paul. The forum was sponsored by the Minnesota Women's Consortium, a statewide coalition of 170 organizations. The consortium serves as a resource to enhance equality and justice for women in Minnesota.

Parikh discussed the components of an effective national security strategy for the United States.