



Four times a year, CCA members volunteer at FMSC to help feed starving children throughout the world. On May 3, 23 volunteers gathered at the FMSC Chanhassen site. Join us at the next event on August 30 in Coon Rapids.

CCA members volunteer the first Wednesday of every month at The Food Group. CCA boasts 14 years of service at this local, hunger-relief organization.



Cargill Cares

Alumni Newsletter
Fall 2022

Volunteer Power

By Colleen Porter and Shirley Boyd

Helping others seems to be an inherent trait of many Cargill alumni. When we volunteer, we invest in the dignity and future of many lives -- we help provide security in food and housing, and opportunities for educational and economic improvement. We feel better when we help make others' lives better.

One of the reasons many Cargill retirees joined CCA was to do good while having fun by engaging with other Cargill alumni. CCA offers a range of volunteer opportunities that provide camaraderie while helping others. Many Cargill alumni also invest time and energy in their own personal causes. Either way, we are a formidable force for good in our communities.

We invite you to share your personal impact. Tell us your volunteer story, send us your photos. And as always, report the personal volunteer hours you dedicate to the community! Submit your hours to cargillcaresalumni11@gmail.com.



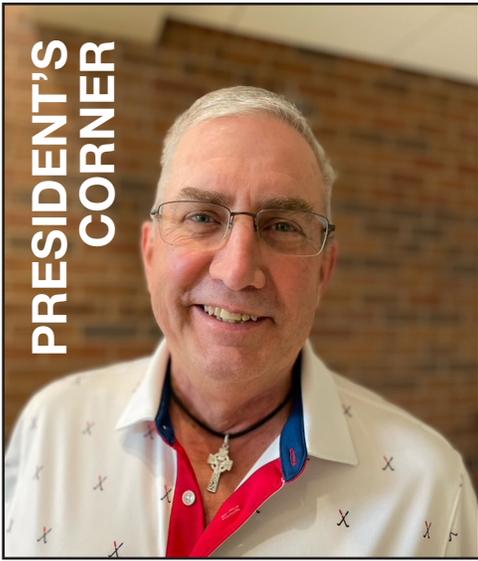
From left: Roger Wherry, Eric Johnson, Tom Sasman, Doug Dunlay and Jack Staloch. With housing insecurity touching nearly half of the adults in the country at some point in their lives, Habitat for Humanity attracts many devoted CCA and Cargill volunteers. Total CCA hours dedicated to Habitat outstrip any other CCA project. The next annual build is coming up September 19 – October 7 in Chaska.



CCA volunteers have three scheduled shifts per month at Second Harvest Heartland, one of the largest hunger-relief organizations in the nation. Here, some of our hard-working volunteers pack potatoes.



PRESIDENT'S CORNER



Each year around September 1, I get that feeling - summer is coming to an end. It's a point where many of us feel that summertime is passing much too quickly. The dark cloud of COVID certainly put a crimp on the last couple of summers, but this year was a bit better. The CCA golf outings began in April, and the Chanhassen "Foot-loose" show in June was a hit. The earlier restrictions at some of our volunteer partners were reduced, and we are seeing many folks starting to return to their prior roles. Yet we've heard stories that com-

munity organizations are still struggling for volunteers while their services are needed more than ever. Some of their volunteers are still reluctant to return to normal activity.

The CCA Board of Directors wants you to know that if you haven't returned, we're ready for you. During the last few years CCA has been putting the building blocks in place to better manage and communicate with members. We have great opportunities with Cargill partners to help those in need. All this while, at the same time, giving you the opportunity to interact with prior coworkers. Catching up -- sharing stories and reminiscing about our shared time at Cargill -- is one of my favorite activities.

As a group we would like to invite you to re-engage with CCA. Take a look at our Calendar of Events on our website, <https://cargillcaresalumni.wildapricot.org/>. We have a host of volunteer, social, and educational opportunities for your participation. As fall and winter approach, we're ready for you. Please come out and join us!

**Phil Deeney, President | Paul Dienhart, Copy Editor
Barb Kula and Ceal Regnier, Newsletter Coordinators**

The CCA newsletter is published quarterly in spring, summer, fall and winter. It is distributed to Cargill retirees and other alumni, as well as Cargill senior leadership. If you have articles to share, volunteer ventures, stories, or other items of interest, please send them directly to Barb Kula at b.l.kula@comcast.net.

CCA – TC Board

- | | | | |
|---------------|----------------|-----------------|-----------------|
| Shirley Boyd | Wayne Koester | Ceal Regnier | Janice Weisberg |
| Phil Deeney | Barb Kula | Julie Rothstein | |
| Terry Garvert | Mary Kurth | Tom Streit | |
| John Keefe | Colleen Porter | Bill Swift | |

Alumni E-Mail Directory: If you are not currently receiving email updates from the Cargill Cares Alumni office and would like to be added to the distribution list, please call the CCA office at 952-742-6188 or send your name and email address to CCA Admin at cargillcaresalumni11@gmail.com.

Consider Joining the CCA Board

By Bill Swift

This upcoming year, we invite you to consider joining the CCA Board. Perhaps you would like to help set the direction and activities of CCA or influence the events and volunteer projects that CCA supports. Or maybe you just want to become involved with a group of alumni giving back to our members. Each year, new board members join as current members depart. New board members help keep the organization fresh and meaningful to membership.

Uncertain about what serving on the board would entail? Join us at our monthly meeting to learn more, see the process that provides opportunities for members to engage with others, learn and contribute to the Twin Cities community. It's a no-pressure way to consider joining with a real insight on the nature of the commitment. If you would like to attend an upcoming board meeting or have any questions, please feel free to contact Bill Swift (612-308-3059 or ts1149@comcast.net).



Communication Committee: Colleen Porter, Ceal Regnier, Barb Kula

Education Activities

by Tom Streit

We have had some very informative Vanguard webinars this past summer, and have a full line up of seminars coming up this fall.



All CCA members are welcome to attend these on-line Vanguard seminars. The registration link will be available two weeks before the seminar. Information will be sent out in our weekly broadcast emails. If you are not receiving the broadcast emails on Monday mornings, please send an email to the CCA Admins at cargillcaresalumni11@gmail.com.

If you are interested in the seminar, but are not available on the presentation date, please be aware that you will be able to view the webinars up to 30 days past the original presentation date provided that you have registered.

Looking Back...

- June 16 – Investing in volatile markets
- June 28 – Protecting your financial data
- July 14 – Timeline to Retirement
- August 18 – Learn about Social Security

Looking Forward...

- September 15 – Learn about Medicare
- October 13 – HSAs (Health Savings Accounts)
- November 10 – Cargill Retirement Benefits
- December 8 – Is a Roth right for you?

Webinar on Medicare

by Tom Streit

Do you want to learn more about managing your health care costs in retirement. Maybe you have questions on what is covered by Medicare and what is not, or how much coverage costs. Are you looking for more understanding on Medicare Advantage plans, on Medigap and private insurance?

These questions and others will be addressed during a Medicare webinar offered at two different times on Thursday, September 15. One session will be at 10:00 a.m. and the other at 3:00 p.m. Watch the Monday morning CCA broadcast announcement for registration details.

Silver Sneakers® Benefits

Nine CCA members attended the August 12, Zoom meeting to learn how to optimize one of the benefits included in your Medicare plan. Silver Sneakers®, which offers much more than access to numerous gyms (no limit on the number as long as they are SS certified). Visit silversneakers.com to learn more about nearby gyms, and online and on-demand video classes for physical fitness. Additionally, SS offers access to community ed classes including crafts, cooking, etc. and classes for mental health enrichment. Check to see if your health plan includes SS – in Minnesota, those include:



Experience Fall At the Arb

Fall is a beautiful time to visit the Arboretum. Explore the 1,200-acre grounds to see fall colors; a display of more than 300 species of pumpkins, squash and gourds; and scarecrows throughout the gardens. Upcoming events include the Field Fest harvest celebration; AppleJAM, an outdoor concert featuring Humbird on Sept. 24, as well as the Fall Color Trail Run/Hike on Oct. 7-9. Visit arb.umn.edu/events for a full event lineup.



Cargill volunteers planted flowers in the Griggs/Burke Annual Garden in May.

Annual Cargill Habitat Build September 19 – October 7, 2022

By Tom Sasman

The annual Cargill sponsored Habitat for Humanity build will run three weeks, from September 19 to October 7 in Chaska at Niskanen Circle. As in the past, Cargill alumni will work side-by-side with Cargill employees during these 15 working days.

Cargill alumni have been working on two duplexes this summer and had the pleasure of seeing two families move into their homes. It's great seeing the happy families -- especially the children running around their new homes. Foundations are being dug for the fourth and final duplex on this site.

If you're interested in working on the Cargill Build in September, please contact Tom Sasman at tomsas-mam@gmail.com to get more information. Or check it out [here](#) on the CCA website.



This is the home that Cargill helped build during 2021.



Feeding the Hungry at The Good Acre

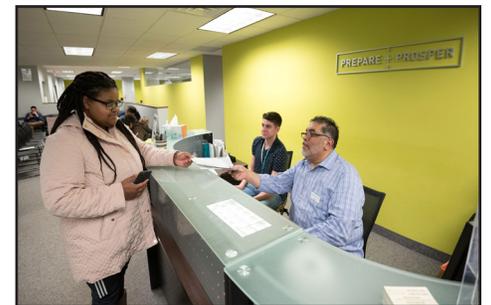
By Jan Weisberg

Our August volunteer team at The Good Acre was a busy one. All had a background presentation and facility tour. In total, we had 12 volunteers and packed over 600 boxes of produce! In season veggies were cabbage, cucumbers, jalapeños, leeks, sweet corn and Swiss chard. All produce is grown by a diverse, independent group of local farmers. Each of the volunteers was able to take home additional produce.

Tax Preparers Wanted!

By Terry Garvert

Are you looking for a way to give back to your community this winter? [Prepare + Prosper](#) is gearing up for tax season and seeking volunteers who are



passionate about financial wellness and economic justice. Whether you want to prepare taxes, help customers navigate their paperwork, or have important conversations about money -- we've got a volunteer role for you. Locations are available throughout the Twin Cities.

Interested in learning more? Your first step is to attend an information session. You'll learn all about Prepare + Prosper, the work it does, why it matters and how volunteers make it possible. [Sign up for an info session today.](#)

Voting Help

We're quickly approaching this fall's election, With the recent census, your district may have changed. Click on this link to the Minnesota Secretary of State's website to ensure you're registered, find the location of your polling place and other ways to vote, and see a sample ballot.

<https://www.sos.state.mn.us/elections-voting/>

Summer Nights with The Twins and Saints

By Ceal Regnier

Alumni friends made their annual trek to Target Field in June to cheer on the Minnesota Twins as they battled with the Cleveland Guardians for the top spot in the American League Central Division. It was an exciting game with the Twins scoring 10 runs in 8 innings -- but not enough to hold off the visiting team's three-run ninth inning. The Twins lost, 11-10.

Then, on a perfect-weather evening in St. Paul, alumni cheered on the St. Paul Saints as they hosted the Toledo Mudhens. We were greeted in the Neighborhood Artists Market by a talented band of tweens and teens. It was a Déjà vu moment as alumni walked into the stadium with a game already in progress. (This also happened to our alumni group in 2021.) The Saints were finishing a rain delayed game from the night before, winning handily, 11-6. The second game was not as eventful, nor as successful. The Saints lost by a similar margin, 8-2.



John Estall, Shirley Boyd, and the Weisbergs



Cargill Alumni enjoying the game.



Marnie Stahl, Terry Warner, John Keefe and guests, Wayne Koester.



Kuhlas and Regniers



Alumni and their friends and family enjoyed the top deck during the boat cruise.

Cruising the St. Croix

By Ceal Regnier

In August, alumni and guests journeyed to Hudson, Wisconsin, for travels along the river. After a boat cruise on the St. Croix and an on-board lunch, alumni explored the unique shops along the main street of downtown Hudson – with Knoke's Chocolate Shop a clear favorite.

“Footloose” a Hit At Chanhassen

By Ceal Regnier

About 50 alumni and their guests enjoyed dinner and rocked to the Tony Award-nominated musical, “Footloose” at Chanhassen Dinner Theater in June. The performance did not disappoint, and neither did the food service.



Jana Brown, Lois Tolentino, Beverly Johnson and guest enjoyed their dinner.



Lois Tolentino, Beverly Johnson and Joe and Judy Konicek posed in the photo booth.



The Regniers, Cerkvieniks and Carlsons enjoyed their dinner before the show.

50,000 Backpacks!

By Shirley Boyd

Nine CCA members, working alongside 11 other volunteers, had great fun and good conversations while packing 440 backpacks at the Greater Twin Cities United Way Action Day on Thursday, July 21, at US Bank Stadium. Each year, more than 100,000 greater Twin Cities students return to school without essential school supplies. The work done by Action Day volunteers helps address educational disparities and ensure all students go back to school ready to learn.

The goal for each volunteer group of 20 was to fill 400 backpacks in two hours. Our team finished at 110 percent of our goal in only about 90 minutes. We had some great efficiency experts! Hope you'll join us next year.



Book Discussions Set Through November

By Ceal Regnier

Alumni continue to gather monthly in person and on-line for our book discussion group. Books have been selected through November. If you would like to join the discussions, please check the Events tab on the CCA Wild Apricot site or contact Ceal Regnier at ceal2987@gmail.com or 612-309-5164.

Save the Date for Chanhassen in '23

By Ceal Regnier

Put April 19, 2023, on your calendar: the date CCA will go to the Chanhassen Dinner Theater to see a new musical, “The Prom.” CCA has reserved 100 tickets, and registration will open in January. An announcement will be made in the weekly broadcast email. If you are not getting these weekly emails, please contact the CCA Admins at cargillcaresalumni11@gmail.com.

‘Once Upon A Mattress’ At Old Log

by Ceal Regnier

Registration is now open for our October 20, event at The Old Log Theater in Excelsior for a noon dinner and the hilarious comedy “Once Upon a Mattress.” The Old Log never disappoints in food or on-stage performance. Register now on the Events tab of the CCA Website. <https://cargillcaresalumni.wildapricot.org/event-4759137>. Contact Ceal Regnier at 612-309-5164 or ceal2987@gmail.com if you have questions regarding the registration process.

Annual Golf Tourney - Great Fun for All

By Bill Swift

Thirty-nine golfers participated in the annual CCA Golf Tourney on August 4. The weather was great, everyone was happy to see each other, and the "I just missed" excuses were plentiful. The steak and chicken dinners were great, as always, and there were even cookies for those with a sweet tooth.

Overall net winner was Ron Hunter, who said he shot the best round of his life at 75. Other winners were:

Low Net: Larry Stueve

Low putts: Mark Baril

Long Drive: Gene Becker

Long Putt: Ron Hunter (again!)

Closest to the pin:

Hole 2: John Carlson

Hole 6: Joe Liesch

Hole 14: John Carlson

Hole 16: Tom Scharber

Rush Creek 2 Rounds each:

Roger Wherry

Jim Kane

Ron Christensen put together a strong foursome, as Bassy was out of town, and they moved the bar higher for Bassy next year.

Joe Fournier was recognized for the many years he has organized this event; it took a team of five to replace him this year. Appreciation goes to Dane Kern, Ron Jacobsen, Wayne Koester, and Bob Lommel for volunteering to lead the cause this year. Also, a special thanks to Timber Creek, Dick's Sporting Goods and Pheasant Acres for their continued support of CCA. If you are looking for a fun place to play this year, either of these courses are great.



Bill Swift presenting award to Ron Hunter

Calendar of Events

Volunteering

Food group – First Wednesday of the month

Second Harvest – 2nd and 3rd Tuesday, 4th Wednesday of the month

Habitat for Humanity – 2nd Tuesday, 4th Wednesday of the month

Bridging – Sept. 21, Nov. 16

Special Events

[Wednesday, Sept 21 – CCA Social Hour - New Hope Golf Club – 4-6 pm.](#)

[Thursday, Oct. 20 – Old Log Theater – “Once Upon a Mattress”](#)

Recurring Social

Golf CCA – Thursdays at 10:00 a.m.

Golf Cargill – Mondays at 5:30 p.m.

Book discussion – 3rd or 4th Wednesday

Sep 21 - Island of Sea Women by Lisa See

Here's the link <https://cargillcaresalumni.wildapricot.org/event-4759127>

[Oct 19 - Before We Were Yours by Lisa Wingate](#)

[Nov 16 - The Maid: A Novel by Nita Prose](#)

For more volunteer opportunities, events and information, visit the CCA website at <https://cargillcaresalumni.wildapricot.org>

Cargill Bowling League Starts in September

By Wayne Koester

Cargill Bowling League is looking for more men and women to bowl with us this year. The League will start bowling Wednesday, September 21, at 4:30 p.m. at TexaTonka Bowling Alley in Minnetonka. The league runs 25 weeks (except holidays).

The league is set up to be a mixed gender league of Cargill-affiliated bowlers. Cargill-affiliated means current and past Cargill employees, as well as current and past Cargill contractors. There are returning teams looking for more bowlers, and the league is open to a possible new team or two, if there is room.

If you are interested or want more information, please contact Wayne Koester at wrkoester@msn.com or call 612-418-8060.

New CCA Email and Website

Email: cargillcaresalumni11@gmail.com

Website:

<https://cargillcaresalumni.wildapricot.org/>