



Cargill Cares

Alumni Newsletter
Summer 2020

Social Distancing at 2,000 Feet

An Afternoon with a Pilot

By Alexandria Gossen

Social distancing has become a life-saving lifestyle, but it can be difficult to remain six feet apart from the average human – essential or not. CCA member Greg Regnier (husband of CCA member Ceal Regnier) has his own way of keeping far away from locals by ascending approximately 2,000 feet into the air.

Air Force Veteran Greg Regnier did his usual precheck routine: engine check, wing check, oil check and more. While describing each aspect of the precheck, Regnier stated, "as a pilot, the way I look at it [the precheck] is a part of the experience." Soon after the precheck we had lift off.

The feeling of leaving the ground is not an easy one to describe. Greg described it as, "a feeling you never lose," even after his many years of flying. Regnier has been flying for approximately 48 years. He took his lessons in 1971 and received his license one year later. His interest in aviation began when he was much younger. "My parents said when I was about two, I would always watch planes overhead, which I suppose is common for young children, but it's still cool," he said. He went on to explain how aviation has been a part of his family for a long time. His father

was a pilot and first took Regnier up when he was five.

Being a pilot has offered many opportunities for Regnier. One of his favorites was hosting an event with the Autism Society for three years. The event allowed autistic children to eat free food, socialize and experience flying in various planes. It allowed Greg to build a wonderful community with many pilots and children.

Pilots were once a tight-knit group. "There was always an airport brunch, the sense of community," Regnier recalled. "There's not as much of that anymore." Reasons for this shift in community can only be speculation, but some theorize generational distance and societal seclusion.

One thing Regnier mentions is the pilot shortage. Many of today's pilots were in the Air Force as pilots in World War II. However, people only live for so long. With fewer people showing an interest in piloting, Regnier fears that airlines will lower their standards. There is also the possibility that airlines will skimp on training. Besides the aging population of pilots, Regnier noted the small number of female pilots. Statistics

show that only 6.3 percent of commercial airline pilots in America are female.

Some may look at the pilot shortage and these demographics as a cause for panic. However, hopefully, more will look at this as an amazing opportunity to get licensed and become qualified in a business that will almost guarantee a fascinating, well-paying job.

When asked to give advice for aspiring pilots, Regnier stated, "Get a group of five or more people and buy a plane. Take lessons together and share the plane. It's cheaper to own a plane than it is to rent it, if you go in with friends."

Owning a plane is not cheap. Regnier's plane, a Piper Cherokee 140, cost somewhere around \$20,000 to \$25,000. That does not include maintenance. Despite the cost, Regnier stated, "The pros are endless. There's the beauty of being in the air, and the art of flying. Most pilots will tell you [flying] is a very personal thing, becoming one with the machine."

After landing, Regnier patted his Piper on the nose and locked her away until the next flight. During this time of social distancing, he keeps the Piper to himself and his wife. Regnier is lucky enough to have the opportunity to have a hobby with a view and, one must admit, his view is the best of them all.

Alexandria Gossen is a student at Concordia College in St. Paul. Reprinted with permission from the Hinckley News and the Minnesota Flyer.





PRESIDENT'S CORNER

By Bill Swift

Hello, as CCA's new president I hope all of you and your families are safe and in good health. This is a year none of us expected -- and the same goes for CCA as we learn to live by social distancing, isolating at home, and doing many things in ways we never imagined. CCA's mission is to "nourish the community through volunteering...and provide social and educational activities to enhance alumni's active lifestyle." Our mission has not changed, but our methods will have to, if we are to continue with this mission.

In this newsletter, members talk about helping coach ACT students at Hope Academy -- but virtually, on a Zoom-like

program. Another member has switched to on-line piano lessons. CCA even held its June board meeting on line through a website called TEAMS. (Most of us kept the picture screen muted so no one could see how long it had been since we had seen a stylist or barber.) We are looking for additional ways to stay connected with each of you in a meaningful way. We welcome your stories about the changes to your life because of COVID 19. We can learn from each other, so please send your coping techniques to us so we can share them with everyone else.

This is the my first month as President. John Keefe has led CCA this past year, and I want to extend a sincere thanks for his leadership. The year began with a major goal of changing an outdated and non-serviceable group of websites into a singular, easier to maintain, and more effective means of reaching out to all members, as well as making it easier for members to access all that is available from CCA. This has largely been accomplished with a technology called Wild Apricot, designed specifically for volunteer organizations. Look for news of when this site goes live. We hope you will find it user-friendly and helpful. Once it goes live, we welcome all of your comments so we can continue to improve.

I want to thank the board for inviting me to be your president this upcoming year. I look forward to working with them and with each of you. We will be challenged to be creative in delivering on our mission, but I am confident we will find new ways to make CCA effective in these unexpected times. All the best to each of you!

A Message from Outgoing President

By John Keefe

CCA's year started out with the usual volunteer activities, social events and seminars. It came to an abrupt halt with the rearing of the coronavirus plague -- something none of us have ever experienced. We had to put everything on hold: our Annual Meeting, volunteer activities, social events and seminars. The Office Center changed from a hub of activity to a desert of people. Like most Cargill employees, our office staff was asked to work from home. These are challenging times for all of us.



I would like to thank everyone for their support this year, especially our excellent board members. We could not have survived without you. I also would like to acknowledge our departing board members: Gene Gross, Greg Hehman, Carolyn Goodger, Christl Larson and Bill Trunnell. Gene has been involved in CCA for over 25 years, serving as President, Vice President, and on our Executive Committee, Recognition and Calling Tree. Also, thanks to Bev Youness for serving as our CCA newsletter editor for the last two years.

As a result of these board retirements, we will be actively recruiting five new board members in the coming months. If you have an interest, please contact me directly via email john.s.keefe@hotmail.com or phone 612-920-2536, since we are currently not able to staff the CCA office.

I'm excited that CCA has made a major change in the software package for our website. Thanks to the dedicated efforts of Connie Hauswirth, Colleen Porter and Greg Hehman we just received the go-ahead from Cargill IT and Law to utilize Wild Apricot for our needs. It will soon become live. I know that everyone will appreciate its capabilities and simplicity.

To Lindsey Kaufman of Cargill Corporate Responsibility, a special shout out to you! Without your help and guidance we would not exist as a thriving organization.

Again, thank you to everyone for allowing me to serve as your President this past year. We are left in excellent hands with Bill Swift as President and Phil Deeney as Vice-President. Please give them the same support that you gave me. Together, we will all make it through these unique times.

Bill Swift, President | Phil Deeney, Newsletter Coordinator | Paul Dienhart, Copy Editor

The CCA newsletter is published quarterly in spring, summer, fall and winter, and is distributed to Cargill retirees and other alumni throughout the Twin Cities metropolitan area. If you have articles to share, stories of coping with the pandemic or other items of interest, please send directly to Phil Deeney at phildeeney@comcast.net.

CCA - TC Board

Shirley Boyd	Connie Hauswirth	Colleen Porter	Bill Swift
Dave Braden	John Keefe	Ceal Regnier	Terri Tapper
Phil Deeney	Mary Kurth	Tom Streit	Janice Weisberg
Terry Garvert			

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 CCA Email Directory, please call the CCA office at 952/742-6188 or send your name and email to Connie Hauswirth at chauswir@gmail.com

Submitted by Gene Gross

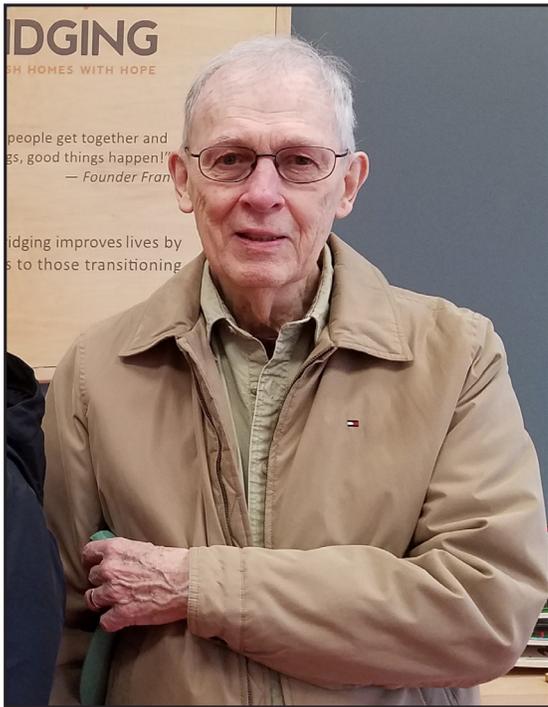
Remembering Jim Little, Longtime CCA volunteer

Jim Little, 87, died on June 17 at his place in St. Louis Park. He had been suffering from prostate and bone cancer, and had been in and out of the hospital because of pneumonia. Because of the COVID virus, for three weeks his only contact with his Lila, his wife of 60 years, and their three children was by phone. They were able to be with him after moving him to their apartment complex for hospice care on June 10.

Jim retired from Cargill in 1995, joining our Cargill retiree Board shortly thereafter. His dedication to CCA earned him several Volunteer of the Year awards, as well as the Ken Moritz Award for Outstanding Service. He served one year as President, but soon became involved with his most significant contribution: managing our retiree database and office.

Jim became an expert on FileMakerPro, the software for managing our data, using it to produce many reports and handle mailings of our newsletter, education announcements and social activities such as the Old Log Theatre. He was very involved with the United Way Campaign, turkey certificates and numerous other activities needing our database. In recent years, Jim converted our database to Microsoft Access. We have now chosen Wild Apricot as our new software, and all those working on this now appreciate Jim's efforts for so many years.

Jim also became our office manager, setting up schedules and writing many procedures for our office volunteers to follow.



In addition, Jim volunteered at Bridging for many years. In recent years he coordinated the volunteers at the Roseville site. He also became very involved with computer instructing for seniors, conducting many classes over the years. Even after he and Lila moved to St. Louis Park, he was helping residents there with their computer problems. Since some residents had Mac computers, he purchased his own Mac to learn about it and help fellow residents.

It can be said that in addition to Ken Moritz, the founder of the retiree group that is now Cargill Cares Alumni, Jim by far has made the most contribution of any member.

Submitted by Ceal Regnier

The Latest on Social Events

As you can see, in the era of social distancing, the CCA social calendar is empty -- for now. Chanhassen Dinner Theater postponed our March visit for "The Music Man"; we canceled our bus trips with Medicine Lakes Bus Lines for the Faribault trip, the wineries, and the September St. Croix boat ride; the Twins and Saints have postponed the start of their seasons; and the Minnesota Landscape Arboretum is currently only open to drive-through visits.

UPDATE: Chanhassen Dinner Theater (CDT) – "The Music Man": The CDT is hoping to provide us with an updated plan for "The Music Man" by the end of June. They are waiting for permission from Governor Walz and the Minnesota Department of Health to open. Since we purchased our tickets under the group plan, they are not able to refund our money. However, once they offer a new date and communicate the safety precautions they are taking, registrants will have the option of accepting the new offer or receiving a gift certificate that they can use at a later date or pass on to someone else. CCA will distribute updated information to registrants as soon as we have it.

UPDATE: Medicine Lakes Bus Lines – **Faribault Trip**: Checks that were sent into the CCA office for the Faribault trip are safely locked in the CCA office at the Cargill Office Center. Currently, the CCA admin staff are not allowed to enter the Office Center, but as soon as that restriction is lifted, we will return the checks to you.

UPDATE: Old Log Theater: **Old Log Theater** reached out to CCA to let us know that the restaurant is now open, and that they will reopen the theater as soon as allowed by the Minnesota Department of Health. CCA did not have a fall event planned at Old Log because CCA had already seen the show that was scheduled for fall, but Old Log wanted to make sure we were interested in seeing one of their shows in the future.



Submitted by Terri Tapper

Adding Members Depends on You

Membership activities have been curtailed by COVID 19 since early March. Our plans to participate at Cargill seminars for upcoming retirees and people leaving the company for other reasons did not happen. We continue to monitor when we can safely speak to these potential CCA members. In the interim, we are reaching out to current members. We need your help. If you know or hear of someone retiring or leaving Cargill, to please let us know so we can see if they have any interest in joining our group. You can contact Cargill Cares (CCA) by phone 952-742-6188 or email at cargillcaresalumni@cargill.com. Thanks in advance for your help.



Submitted by Ceal Regnier

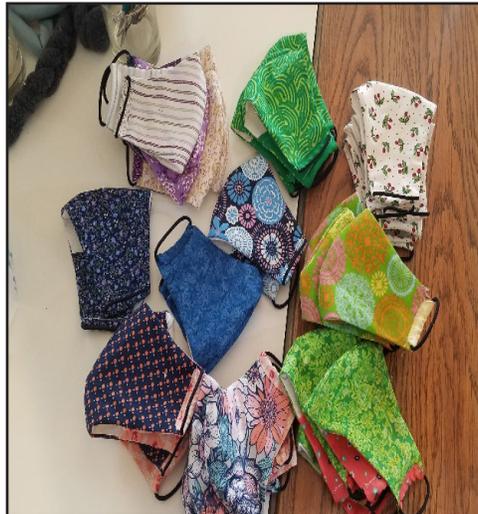
Stay Home MN Meant Time to Sew

It has been over three months since I volunteered at our church, hosted a CCA social event, spent time bonding with my parents and siblings or spent the day watching my pre-school grandchildren. The “Stay Home MN” order by Governor Walz put a 180 degree turn into my lifestyle. But, I was prepared.

My sewing machine was fresh from the repair shop after its annual cleaning and checkup, and my spare bedroom closet brimmed with neatly stacked new and recycled quilting material, unwearable blue jeans, scraps of upholstery material and quilt batting. Along with quilts, there were masks.

On March 16, my sister from St. Louis asked if I could make some masks for her and her fellow nurses. That one set of masks turned into over 500 masks and caps distributed among family, three different medical facilities, a county jail, and a business.

In between the requests for masks, I shifted to patchwork quilts, car blankets



Submitted by Colleen Porter

It Seems Sew Right!

Cargill alumnus Ginny Flaten used to sew, but less so in recent years. That changed when her neighbor left a mask from the sewing group at Chanhassen’s St. Hubert Catholic church in Ginny’s mailbox. It touched her and motivated her to do the same.

Acquiring supplies was a challenge with elastic in short supply. Luckily, her daughter had yards of it on a large spool. When Ginny used up all her scrap fabric, she ordered more cotton material, picking it up curbside. Each mask takes about an hour. Ginny spent about 50 hours making masks, each with a filter pocket and wire nose channel for a better fit.

Ginny donated about half the masks to Heather Manor Assisted Living in Crystal. The elderly are at most risk and many lacked PPE. The rest were given to neighbors and friends.

Sewing and wearing masks is one small thing we can do to help others in the battle against the virus, Ginny believes.

and bags, using up the blue jeans that family members had passed on to me.



But my favorite quilt was a 793-piece graduation quilt for my granddaughter.



And now with the warming weather, I spend my days in the garage, making wood crafts and painted signs.

Submitted by Mike Lilly

Music in a Time of COVID 19

I bet you once tried your hand or voice at music in your youth. You still love music. Well, now you have time to take it up again. One way is to sign up for lessons from MacPhail Center for Music. During the COVID 19 pandemic you can take lessons on line.

Four years ago, seven of us seniors signed up for group piano lessons at MacPhail's Minneapolis campus. We were almost beginners with just a little music knowledge. Jeremy Hanson, our teacher and a composer, taught us in a group setting playing electric pianos with earphones. Last year we all graduated to individual lessons. And in April, we began on-line lessons with Face Time and Zoom after all the MacPhail campuses closed for the pandemic.

On-line lessons are great during our shelter-in-place lock down. Zoom instructions and practicing for the next session keeps us busy -- and a lot more fun than binge-watching Netflix. The current lessons include reading music, chord progression, scales, rhythm, fingering and even composition.

MacPhail "Music for Life" (for adults over 55) offers lessons in voice and instruments. The range of instruments is extensive -- from violin to ukulele, from French horn to tuba. And, of course, guitar lessons are popular. Music for Life can accommodate singers with their coral groups. These groups entertain at senior housing and memory care facilities. Amazingly, coral group singers even include memory care patients, and singing is excellent therapy for them.

MacPhail Center for Music, a Minnesota nonprofit, has locations in downtown Minneapolis, Eagan, Chanhassen and White Bear Lake. They live up to their motto: "Music strengthens mind, lifts spirit and improves community."

Mike Lilly takes a virtual piano lesson.



Bill Swift with his improvised pandemic golf cart.

Teeing Off, COVID Style

When the Governor opened the golf courses, I was more than ready to get out of the house. I live near Braemar Golf Course and was excited about playing – until I learned they would not be renting out golf carts or push carts. Since I did not have a cart, I immediately went on line to buy one. So did everyone else. There weren't even future shipping dates, just a vague statement about availability "when the manufacturers provide us with them." Not wishing to carry my bag, I searched in the garage for anything with wheels. I came upon a red two-wheel dolly. Using two bungee cords to secure the bag, problem solved. The starter was impressed – sort of. "I have been doing this for 53 years, this is a first," he said. "I have to have a picture!" Since it saved me from buying a push cart, I was reminded of the old adage: "Creativity before Capital. All the best to my fellow golfers, and be forewarned if you see me walking down the fairway.

Submitted by Bill Swift

Cargill Announces Employee Disaster Relief Fund

On June 15, Cargill launched the **Cargill Cares Employee Disaster Relief Fund** to support Cargill employees around the world during times of catastrophic or personal disaster. While the fund was established to address the immediate needs of employees experiencing financial hardship due to the COVID-19 crisis, it will also serve as a long-term resource for employees during times of crisis.

Cargill is contributing \$15 million as an initial start to the fund. Cargill family members are also contributing to help our colleagues in their time of need. Cargill employees and alumni are also welcomed to donate. You can find additional information about the fund on our Cargill Cares Employee Disaster Relief Fund resources site, <https://cargillcaresrelief-fund.e4erelief.org>.

The hope is that, through this fund, Cargill can help employees by providing some peace of mind during this incredibly uncertain time. At the core of Cargill's values is a commitment to Putting People First. This commitment is stronger than ever as we navigate this challenging time together.

Cargill Cares Employee Disaster Relief Fund executive sponsors

Myriam Beatove,
Chief Human Resources Officer

Ruth Kimmelshue,
Business Operations & Supply Chain, Chief Sustainability Officer

Joe Stone,
Agricultural Supply Chain, Corporate Trading

David Webster,
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In Memory

John A. Bierman
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Whitney MacMillan
Leonard Neuenfeldt
Lucile Pearson
Mabel R Waterhouse
David O Wentzell

Virtual Volunteering During the Pandemic

Yes, we are still in the midst of the COVID-19 pandemic and, yes, most of us are part of the “at risk” population. But there are still very safe “virtual” volunteer opportunities.

Mike Lilly, Bart Eddy, Paul Dienhart and Shirley Boyd are virtually tutoring students at Hope Academy in preparation for their college ACT tests. All it took was a willingness to learn to use Microsoft Teams®. Of course, a desire to make a difference and some talent in Math or English helps, too.

The Hope Academy ACT Tutoring summer session lasts only four weeks – but it’s an intensive four weeks. Each math and English tutor is assigned four students. The amount of time each tutor needs to spend tutoring each week varies, based on the skill level of the students. One math tutor is spending 4 hours per week. Another math tutor is spending closer to 12 hours per week. So, Cargill tutors are spending a lot of hours tutoring. And, for at least one of us, there is the additional time needed to refresh our math skills.

Hope Academy has 17 students in its ACT tutoring summer session this year. It also has 10 other students being tutored for college entrance exams this summer. Both numbers are records. And all of these students will need tutors this fall to prepare them for the ACT exams.

“We could not do this tutoring program without the help of the Cargill tutors,” says John Swanson, head of the Hope Academy ACT tutoring program. “We are so fortunate to have all of your support!”

Other Virtual Volunteer Opportunities – making face masks, knitting and crocheting, at-home assembly, note writing, tie-blanket making and many other opportunities – can be found on the Hands On Twin Cities site:

<https://www.handsonwincities.org>

Volunteer Options For Social-Distancing

If you are not interested in virtual volunteering, there are still individual, in-person, volunteer opportunities with CCA partners that maintain the minimum social distance recommended by the CDC. Although Cargill and CCA are not coordinating any in-person, volunteer activities at this time, you may volunteer individually, if you chose.

NOTE: Although volunteer activities have been permitted by Governor Walz as long as social distancing measures are in place, it’s important for each of us to consider our personal situations and prioritize the health of ourselves and those around us. CCA suggests reviewing the CDC guidance for individuals at high risk for serious COVID-19 infections to help you decide what you are comfortable doing in these times: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

Second Harvest Heartland and the Food Group were probably the first CCA partner organizations to re-open for volunteers. The volunteer sessions are currently limited to 10 people per shift, but Second Harvest is expanding to 18 per shift soon. Because masks and social distancing are required, these events may not be as social as the CCA-sponsored events were, but they are still rewarding. I volunteer regularly and see a few of my CCA colleagues. And, I have

developed new friendships with the other regulars who sign up for the same shifts.

Second Harvest Heartland is very rigorous in both their social distancing and their hygiene practices. They have a lot of space to social distance at more than six feet. I feel safer working a 90-minute shift at Second Harvest than spending 10 minutes in my local grocery store. The Food Group has less room to social distance, and they are now repacking bulk oatmeal and rice, which makes social distancing a little more challenging.

Habitat for Humanity has recently reopened its panel plant. Prior to working at the panel plant, a volunteer needs to take online training. Three CCA volunteers have taken the training but none have yet worked the panel plant.

Many of you are familiar with the Cargill build sites from prior newsletters but may not know what happens in the panel plant. It’s where H4H volunteers build walls for the build sites. The walls are then delivered to the build site. With pre-built walls, H4H volunteers can assemble the walls and raise the roof of a home in only a few days after the foundation concrete is poured.

Other In-person Volunteer Opportunities can be found on the Hands On Twin Cities site: <https://www.handsonwincities.org>



Volunteers Rock!

CCA volunteer activities are the backbone of our organization, impacting the communities in which we live. Even more so during the current pandemic, many of you continue to donate time, talent and financial assistance to the most vulnerable. From the numbers below for the fiscal year ended May 31, 2020, you can see that many CCA members most likely did not report their volunteer time for the past 12 months.

Please help us recognize the extent of your impact. Tell us what organizations and hours you contributed this year. Members can report hours directly in Cargill's Spark system or you can email the info (member name, days, organization, hours) to MaryJo Woolf at maryjo.woolf@gmail.com and she will get them input to Spark.

Fiscal Year Summary		
Activity	Average 2017-19	Fiscal 2020
Independent Volunteer Activity	11,315	7,834
Habitat for Humanity	2,059	1,035
Second Harvest	1,970	1,388
CCA - Support	1,881	879
Feed My Starving Children	411	403
The Food Group	388	260
Other CCA	324	65
Bridging	282	133
Hope Academy	270	189
Sandwich Project	195	102
Salvation Army Bell Ringing	163	-
Prodeo Academy	88	46
Three Rivers Park	41	25
Cargill Events	10	79
	19,397	12,436

Calendar of events – Volunteer list

Cargill/CCA are not coordinating any in-person, volunteer activities at this time, you may volunteer individually, if you choose, with CCA partner organizations. Below are organizations and their websites to the volunteer sign up sites for those CCA partner organizations that have individual volunteer opportunities. These opportunities may be different from those previously sponsored by CCA.

Second Harvest Heartland: <https://www.2harvest.org/get-involved/volunteer/>

The Food Group: <https://thefoodgroupmn.volunteerhub.com/>

Habitat for Humanity: <https://www.tchabitat.org/volunteer/>

Note: Before you make any decision to individually volunteer, CCA suggests you review the CDC guidance for individuals at high risk for serious COVID-19 infections here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>. Although these volunteer activities have been permitted by Governor Walz as long as social distancing measures are in place, it remains important for each of us to consider our personal situations and prioritize the health of ourselves and those around us. Reviewing the CDC guidance may help you decide what you are comfortable doing in these times.